



APEX

COMPETITOR

SERIES

**Building the Mindset, Leadership,
and Resilience of Elite Athletes**

STRATEGIC TECHNICIAN

Mindset Development Curriculum

Module 1: Mastery Through Precision and Purpose

Module Description:

Strategic Technicians elevate the game by mastering the details. They are calculated, intelligent competitors who thrive on preparation, problem-solving, and making smart adjustments under pressure. This module will sharpen your focus, increase your tactical awareness, and teach you how to lead through precision. You'll stop reacting — and start executing with clarity and control.

Week 1: Locking in Focus On Demand

Focus Word: **CLARITY**

Exercise 1: Distraction Pattern Tracker

Activity Instructions:

Track 3 moments this week when your focus drifted during training or performance. Identify the trigger (external or internal), and write one way to eliminate or manage it.

Journal Prompt:

What's the cost of distraction — and what's my new strategy to protect my clarity?

Exercise 2: One-Task Practice Block

Activity Instructions:

Pick one drill or session this week where your only job is to lock in 100% attention — no multitasking, no talking, no wasted movement.

Evaluate how you performed with total focus.

Journal Prompt:

How does single-task intensity elevate my execution?

Exercise 3: Pre-Drill Clarity Cue

Activity Instructions:

Design a short pre-drill or pre-set cue to use before each rep this week.
Example: "See it. Feel it. Attack it."

Use it to mentally lock in before execution.

Journal Prompt:

What cue helps me flip the switch from distracted to dialed-in?

Exercise 4: End-of-Week Focus Review

Activity Instructions:

Reflect on the moments you were most focused vs. most scattered.

What environments, cues, or routines helped?

What changes will you carry forward?

Journal Prompt:

What does elite-level focus feel like — and how do I create it?
