



APEX

COMPETITOR

SERIES

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

STEADY ANCHOR

Mindset Development Curriculum

Module 1: Building Stability, Trust, and Unshakable Presence

Module Description:

Steady Anchors are the foundation every great team needs — the ones who stay composed when others waver, lift when others sag, and protect the culture when pressure mounts. This course will teach you how to develop unshakable emotional control, lead with quiet strength, and become the consistent presence that everyone can rely on — especially when it matters most.

Archetype Module: Steady Anchor

Week 1: Emotional Awareness and Regulation

Focus Word: **CONTROL**

Exercise 1: Emotional Trigger Log

Activity Instructions:

Track 3–5 moments this week when your emotions spiked (frustration, excitement, anger, nerves). Record:

- What triggered it?
- How you responded
- How you want to respond next time

Journal Prompt:

What emotions pull me out of my best self — and how can I take back control?

Exercise 2: Anchor Word Creation

Activity Instructions:

Choose one powerful word that will act as your personal emotional reset cue (examples: “Steady,” “Breathe,” “Unbreakable”).

Use it in moments of rising emotion this week.

Talk about it:

Journal Prompt:

How does having an anchor word change my response when emotions rise?

Exercise 3: Reset Breath Practice

Activity Instructions:

Practice 3 sets of 3 deep reset breaths every day this week — especially before or after stressful drills, reps, or moments.

Journal Prompt:

How quickly can I return to control when I choose to breathe intentionally?

Exercise 4: Awareness Reflection

Activity Instructions:

At the end of the week, reflect:

- Which emotion triggered me most often?
- When did I regulate best?
- What adjustment will help me next week?

Talk about it:

Journal Prompt:

How does mastering my emotions help me lead others better?
