



# LION MINDSET VS ANTELOPE MINDSET



## The Key To Discipline And Motivation

Watching nature documentaries as a kid, I was fascinated by the intensity of a lion chasing an antelope. I rooted for the antelope - the underdog, running in fear. But the lion? It ran with purpose, driven by hunger, not fear.

In sports, are you playing like the lion or the antelope? The antelope moves fast but is trapped in survival mode, controlled by fear. The lion, fearless and focused, plays with passion and purpose. Both exist within us.

The key to greatness is recognizing fear and shifting toward the lion mindset - playing because we love it, not because we're running from failure.

Try This: Feed the Lion, Protect the Antelope.

Before training or a game:

1. Focus on your breath.
2. Visualize yourself playing at your highest level.
3. Notice any fear or doubt - your inner antelope. Instead of ignoring it, picture yourself comforting that fear, bringing it back into balance.

This practice helps transform fear into power, allowing your inner lion to take the lead.

If these questions sparked some curiosity and understanding for you, pick up a copy of **“FROM GOOD TO GREAT ATHLETES JOURNAL”** and dare dive deeper. **3A Athletics** exists to transform the landscape of youth sports into a place where we all thrive. See you on the field.



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