

THE MENTAL MINUTE

The Mental Minute – Issue #12 January 2026



ATHLETE SPOTLIGHT:
LILLIANA NAVARRETE
PRIME SOFTBALL CLUB

**HOW TIME MANAGEMENT CAN
CREATE CONSISTENCY &
BUILD CONFIDENCE**

**QUICK TIPS
YOU CAN USE**
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WELCOME to the January 2026 edition of The Mental Minute! We're excited to kick off the new year by continuing to bring you impactful insights into mental performance training, designed to help athletes, coaches, and parents gain the mental edge when it matters most.

This month, we're focusing on Time Management, one of the most important and often overlooked performance skills in sports. How athletes manage their time away from the field directly impacts their focus, energy, preparation, and confidence when competition begins.

In this issue, we'll break down how intentional planning, strong routines, and purposeful habits help athletes reduce stress, stay organized, and focus on what matters most, so they can show up ready to compete when it counts.

THE MENTAL MINUTE is a monthly newsletter intended to educate athletes, coaches, and parents about essential mental performance skills and keep you informed about upcoming training events and opportunities to book 1-on-1 training sessions with a mental performance coach.

Each newsletter is designed to focus on a specific mental skill (e.g. breathing, mental rehearsal, etc.) and offers practical insights and techniques to enhance your current mental performance skillset.

Through this newsletter, we aim to support ongoing cognitive growth to sustain engagement, personal development, competitive resilience within all sports disciplines through ongoing mental performance education.



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Topic of The Month: **Time Management**



COACH DANNY, MPM

WHAT IS TIME MANAGEMENT?

Time management is the intentional use of your time and energy to support preparation, performance, and recovery. It's how you plan, prioritize, and structure your days so that important tasks, such as training, school, rest, and personal time, are handled with purpose. When athletes manage their time well, they create consistency,

reduce stress, and show up prepared before competition ever begins.

WHY IT MATTERS

Time management matters because it directly impacts how prepared you feel, how you handle pressure, and how consistently you perform. Strong time management helps athletes stay organized during busy schedules, reduce last-minute stress, and reset faster when things don't go as planned. Instead of feeling rushed or overwhelmed, athletes who manage their time effectively stay focused on

what matters most and compete with confidence and clarity.

HOW TO TRAIN IT

Use time management as part of your daily routine. At the start of each day, identify your priorities and create a simple plan for training, schoolwork, and recovery. Pair effective time management with the WIN mindset by focusing on what you can control, such as preparation, effort and follow through. Each time you see your Prime WIN bracelet, check in

with how you're using your time and energy. After practices or games, reflect on one choice where you managed your time well and one area you can improve.

As athletes continue to train strong time management habits, the benefits extend far beyond performance. Clear planning and purposeful routines build trust with teammates and coaches, reinforce leadership, and create internal confidence rooted in preparation.

Remember, strong time management isn't just about being busy, it's about being prepared!



Above: Jennie Finch emphasizes breaking down large goals into small daily tasks.

Quick Tips You Can Use: **Time Management**

PARENTS TIP: Help your athlete build strong time management habits by praising planning ahead, preparation, organization, and follow-through. Before practices or games, remind them to take care of important tasks early so they can arrive focused and ready. After games, ask: When did you manage your time well today? When could it have been better? Reinforcing intentional habits helps confidence grow naturally.

TIME MANAGEMENT

Time management is a performance skill you can train every day through simple, repeatable habits. Here are a few practical tips you can start using right now to build confidence, composure, and focus:

PLAN YOUR DAY BEFORE IT STARTS

Before school, practice, or games, take a moment to plan your day. Identify what needs to get done and when. Having a clear plan reduces stress, sharpens focus, and helps you show up prepared and ready to compete.

USE ROUTINES TO STAY LOCKED IN

Your routines should support your effort and focus. Build consistent habits around schoolwork, training, and recovery so you're not rushing or reacting. Strong routines keep you organized, confident, and connected to what matters most.

REST YOUR SCHEDULE AFTER SETBACKS

If you fall behind or miss something, take one calm breath, adjust your plan, and move forward with purpose. No panic, no frustration. Reset your schedule to reset your mindset.

Mental Performance Training Opportunities

TITLE	DESCRIPTION	REGISTER
1-on-1 Lessons	Personalized one-on-one mental performance coaching lessons tailored to your specific goals and needs.	Book a Lesson
Warrior Academy	The Warrior Academy is an online, self-paced video training where athletes learn proven skills and tools used by elite performers to build resilience, manage nerves, and perform under pressure.	Join Now

ATHLETE SPOTLIGHT

LILLIANA NAVARRETE P PRIME SOFTBALL CLUB

MEET LILLIANA: Lilliana Navarrete is a softball athlete known for her positive energy, resilience, and growing leadership on the field. Whether it's practice or a game, Lilliana shows up prepared, focused, and ready to compete, with a strong mindset and a willingness to put in the work. Her coaches consistently point to her effort, attitude, and ability to stay engaged as key reasons she continues to grow as both a player and teammate.

STORY: For Lilliana, mental performance starts with managing her focus and staying organized through tough moments. When practices don't go as planned or mistakes happen, she relies on resilience and the ability to reset instead of getting stuck. By letting go of the last play and focusing on what's next, Lilliana stays locked in and continues giving her best effort.

Lilliana's approach doesn't change when challenges show up. She stays positive, encourages her teammates, and reminds herself that one tough moment doesn't define the player she is. One moment that stands out



Lilliana Navarrete Prime Softball Club

came during a big tournament game in Peoria, where Lilliana made a few mistakes at shortstop. Instead of losing confidence, she regrouped and stayed focused.

After taking a moment to reset, Lilliana told herself to forget the last play and concentrate on what was next. That mindset, and her ability to stay organized mentally, allowed her to bounce back, play strong defense, and finish the game with confidence.

GOALS: As a young leader on the Prime Softball 12U team, Lilliana takes pride in leading by example. Her focus moving forward is staying organized, managing her time and energy, and continuing to lead with positivity and effort.



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Using Time Management to **WIN** - 3 Key Takeaways



1. Time Management Builds Confidence

Confidence grows when athletes feel prepared instead of rushed. Managing time well helps athletes stay organized, reduce stress, and trust their preparation. By planning ahead and focusing on what's important, athletes like Lilliana can stay confident even when challenges arise.

2. Time Management Creates Consistency

When athletes manage their schedules, energy, and focus with intention, they show up ready to compete each day. Consistent routines help athletes stay positive, engaged, and dependable teammates.

3. Time Management Strengthens Resilience

When things don't go as planned, athletes who manage their time and focus can reset faster. Instead of getting stuck on mistakes, they regroup, refocus, and move forward. This helps athletes bounce back and compete with composure and confidence.