

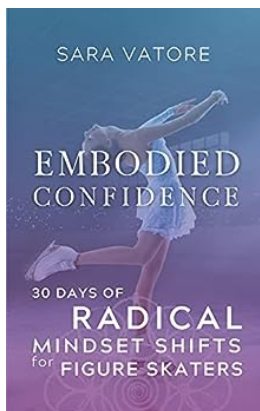
30 Days Of Radical Mindset Shifts For Figure Skaters



Being a figure skater requires not only physical strength and technical skills but also a mindset capable of overcoming challenges and reaching new heights. In this article, we will explore 30 days of radical mindset shifts that can transform any figure skater's performance and mindset.

Day 1: Embrace Failure as a Stepping Stone to Success

Figure skating is a sport full of ups and downs. It is essential for skaters to embrace failure and view it as an opportunity to learn and grow. By reframing failure as a stepping stone to success, skaters can develop resilience and determination.



Embodied Confidence: 30 Days of Radical Mindset Shifts for Figure Skaters by Sara Vatore (Kindle Edition)

★★★★★ 5 out of 5

Language	: English
File size	: 390 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 96 pages



Day 2: Challenge Limiting Beliefs

We all have limiting beliefs that hold us back from reaching our full potential. Figure skaters need to identify these beliefs and challenge them head-on. By replacing negative thoughts with positive affirmations, skaters can unlock their true capabilities.

Day 3: Cultivate a Growth Mindset

A growth mindset is essential for continuous improvement. Skaters should embrace challenges, persist in the face of setbacks, and see effort as a path to mastery. By adopting a growth mindset, figure skaters can overcome obstacles and achieve their goals.

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Day 28: Visualize Success

Visualization is a powerful tool that can help skaters enhance their performance. By vividly imagining themselves executing flawless jumps or elegant spins, skaters can improve their muscle memory and boost their confidence.

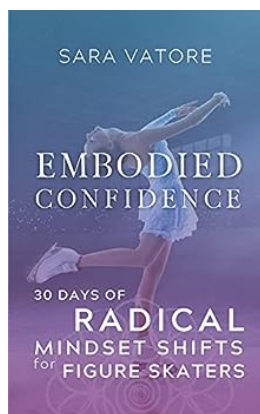
Day 29: Celebrate Small Wins

It's important for skaters to celebrate their progress and acknowledge their small wins. Whether it's nailing a difficult move or achieving a personal milestone, every small win should be recognized and celebrated.

Day 30: Embrace the Journey

Figure skating is a journey that goes beyond competitions and medals. Skaters should embrace every moment, both the triumphs and the challenges. By recognizing that personal growth and self-discovery are equally important, figure skaters can find fulfillment in their sport.

Developing a radical mindset shift is necessary for figure skaters to excel in their sport. By embracing failure, challenging limiting beliefs, and cultivating a growth mindset, skaters can elevate their performance and outlook towards figure skating. These 30 days of mindset shifts provide a structured approach to transform a skater's mindset and achieve their full potential in figure skating.



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A book to help you unlock the power of the mind-body connection that's essential for achieving your peak figure skating performance.

Perfect for skaters of all ages, as well as their parents and coaches, Embodied Confidence: 30 Days of Radical Mindset Shifts for Figure Skaters, is designed to help you unlock the power of the mind-body connection that's required to access your peak performance potential.

You'll learn to notice the mindsets that prevent your success while also understanding your body and how it communicates with you. Integrating these two facets maximizes your full potential, allowing you to execute like a champion when it counts.

While it's VERY common in the peak performance communities to discuss MINDSET and how to make mental toughness shifts, this book offers an additional perspective and orientation focused on the body that can unlock your full figure skating potential. For more information about Sara and her services visit <http://www.saravatore.com/> and <https://www.peakperformwithsara.com/>

A mix of practical guidance and mind-body exercises, you'll find tools that can shift your mindset immediately so you can move through fear and blocks with more ease and embody your most confident figure skater self!

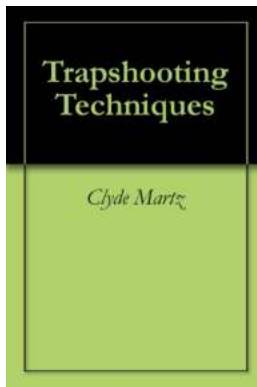
Sara Vatore, M.Ed., SEP, is a Peak Performance Coach and MELT Method® Instructor who combines cutting-edge neuroscience, somatics and mindset

training to help athletes overcome fears, blocks and injuries, develop mental toughness and perform to their fullest potential.



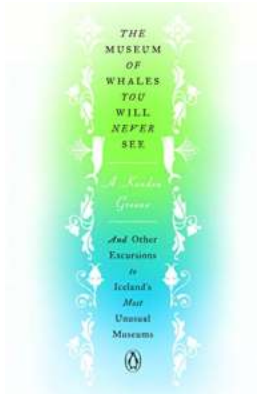
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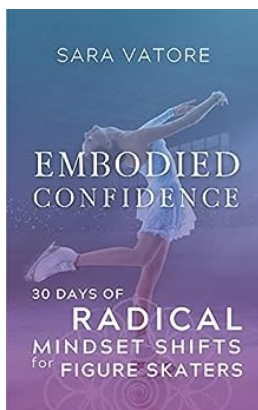
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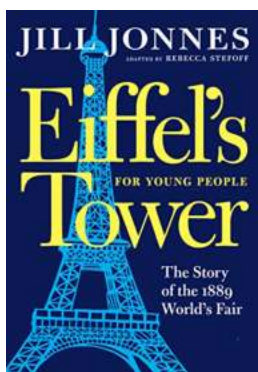
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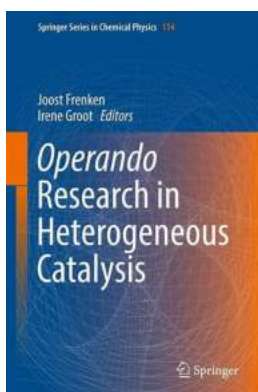
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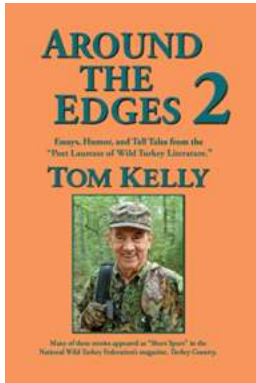
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