



### Jump Into the Jungle

It's obvious there is something more to sport than having the right physical skills. Those that get ahead have Mental Toughness to separate them from the crowd.

Athletes, do you want to be more creative, daring, and willing to take risks? Do you want to bravely step up when the game is on the line? Do you want to show up with confidence and courage when it matters most?

If your answer is "YES!", then get out of the Zoo! The Zoo is safe and cozy, but it inhibits creativity, risk taking and growth. If that's true, why are so many athletes in the Zoo? How did they get in there? Why do they stay?

It's time to jump into the Jungle. The Jungle is unsafe and unpredictable, yet it is the only place you can become the best version of yourself. If that's true, why are so few athletes in there? And once they are in, why don't they stay?

Let me show you the difference between the Zoo and the Jungle. Let me explain why courage is more important and more powerful than confidence. Let me help you build a toolkit to manage the storms, the difficulties that sport always brings. Let me show you how to courageously show up as your Greatest Self.

The magic is in the Jungle. Come and jump into the Jungle with Shawnee!



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