



PLAYING TO WIN

VS

PLAYING TO NOT LOSE



**WHEN YOU'RE PLAYING TO WIN, YOU UNDERSTAND MISTAKES ARE MADE IN EVERY GAME, IT'S PART OF THE PROCESS.**

**WHEN YOU'RE PLAYING TO NOT LOSE, YOU'RE SCARED TO MAKE A MISTAKE.**

**WHEN YOU'RE PLAYING TO WIN, YOU ARE WILLING TO TAKE RISKS.**

**WHEN YOU'RE PLAYING TO NOT LOSE, YOU PLAY IT SAFE.**

**WHEN YOU'RE PLAYING TO WIN, YOU PLAY FEARLESSLY AND ENERGIZED.**

**WHEN YOU'RE PLAYING TO NOT LOSE, YOU PLAY STIFF BECAUSE YOU'RE HOLDING BACK.**

**WHEN YOU'RE PLAYING TO WIN, YOU PLAY AGGRESSIVE AND PROACTIVE.**

**WHEN YOU'RE PLAYING TO NOT LOSE, YOU PLAY RECKLESS AND REACTIVE.**

**WINNING IS A CHALLENGE.**

**NOT LOSING IS A THREAT.**





## THE DIFFERENCE BETWEEN PLAYING TO WIN AND NOT TO LOSE

**Playing not to lose** is a preventative mindset, it activates your **sense of fear**. It makes losing more powerful than winning in your mind. **Playing to win is empowering-- it's rooted in the belief that you can win, it gives you a fighting chance to rise to the occasion.** When you play to win, you understand you don't have to be perfect, you just have to do your job. That sense of familiarity quiets your amygdala (the emotional/fear part of the brain), which allows you to play fearlessly and instead be enticed by the reward.

By trying to avoid the negative outcome instead of moving toward the positive result, the rest of your thoughts will be destructive. Instead of thinking, **“Fastball, low and away, free & easy, let it go”** when you play not to lose you'll be thinking, **“I hope I don't miss my spot”**. Which brings missing to the center of your thoughts.

The simple science is whatever thought is prominent in your mind is most likely to occur. If you're thinking about how much you don't want to lose, the thought of losing is prominent. If you're thinking about how much you want to win, winning is the prominent thought. Your actions will subconsciously follow your conscious thoughts.



# 1. TRUST YOURSELF.

PLAYING TO WIN MEANS BELIEVING IN  
YOUR PREPARATION, INTUITION AND  
ABILITY.





## 2. BE PROACTIVE.

SEE THE PITCH, FEEL THE PITCH, EXECUTE THE PITCH AGGRESSIVELY. TAKE THE ACTION TO THE HITTER WITH NO HESITATION OR SECOND THOUGHTS. BEING REACTIVE LOOKS LIKE, WAITING TO BE AGGRESSIVE UNTIL I GIVE UP A HOME RUN, OVERREACTING TO A BAD PITCH OR WALK, PITCHING TENTATIVELY BECAUSE YOUR FACING A GOOD HITTER.



## 3. HAVE FUN

PLAYING TO WIN MEANS BEING RELAXED, CONFIDENT, TRUSTING YOURSELF, BEING PROACTIVE, AND ABSOLUTELY HAVING FUN. HAVING FUN NOT JUST WHEN WE WIN OR YOU DO WELL, BUT ENJOYING THE PROCESS OF CHALLENGING YOURSELF AND TRYING TO BECOME YOUR BEST. THE BAD OUTINGS AREN'T ENJOYABLE WHILE THEY ARE HAPPENING BUT LOOKING AT THEM AS OPPORTUNITIES TO GET BETTER IS ESSENTIAL FOR YOUR GROWTH AS A PLAYER AND PERSON. THAT IS WHERE THE MAGIC HAPPENS.

LASTLY, REMEMBER THAT YOUR COACHES, TEAMMATES, FAMILY AND PARENTS ALWAYS LOVE YOU AS A PERSON NO MATTER WHAT THE OUTCOME. WHAT YOU DO ON THE FIELD DOES NOT DETERMINE YOUR SELF WORTH!