

⚡ APX ATHLETE · RESET PERFORMANCE


A FREE TOOL FOR COMPETITIVE ATHLETES

The 60-Second Reset

How to clear your head between plays — and get back in.

Built by Joe Jardine & Kaysee Cooper

resetperformancemindset.com



THE REAL PROBLEM

The mistake isn't costing you. Staying in it is.

Every athlete makes mistakes. You will boot the ground ball, miss the shot, throw the pick, miss the lift. That's not the problem — and it's never going away.

Here's what actually separates athletes: not how many mistakes they make, but **how fast they leave them.**

The mistake itself takes one second. The spiral that follows can take the next eight minutes — replaying it, gripping tighter, playing scared, making the next mistake because your head is still stuck on the last one.

The reset is the skill that closes that gap. It's a routine, not a feeling. You don't wait until you feel ready — you run the steps, and the steps bring you back. And like any skill, it gets faster every time you rep it.

Pros don't make fewer mistakes than you. They just **don't stay in them.**

THE ROUTINE

Five steps. Sixty seconds — then six.

1

Breathe.

One long, deliberate breath. In through the nose, slow out through the mouth. A real exhale physically drops your heart rate and pulls you out of panic mode. One breath — make it count.

2

Reset your posture.

Chin up. Shoulders back. Eyes up. Mistakes make you shrink. Your body and mind are wired together — stand like a confident athlete and your brain starts to follow.

3

Say your cue.

One word, the same one every time. "Next." "Compete." "My turn." It's a switch — saying it tells your brain the last play is closed and the next one is open.

4

Find your focal point.

Lock your eyes on one neutral thing for a beat — the laces, a spot on the wall, the flag. It pulls your attention out of your head and into right now, the only place you can play.

5

Commit to the next play.

Not the season. Not the last play. The very next one. Decide exactly what you'll do — then go do it. That's the whole job.

MAKE IT AUTOMATIC

Tie it to something you already do.

A routine you have to remember isn't a routine — it's a hope. The fix: attach the reset to a physical action you already do on the field, so the action fires the routine for you.

Pick one trigger — and use it every single time:

- ◆ Tap the bill of your cap or helmet

- ◆ Touch the baseline, or a spot on the floor

- ◆ Snap your glove, or tighten a batting glove

- ◆ Wipe your hand down your jersey

- ◆ Step out, take a breath, step back in

The trigger becomes your "on" switch. After enough reps, you won't have to remember to run the reset — it'll just run.

Same trigger, every time. The body remembers what the mind **forgets**.

TRAIN IT

You can't install this in a game.

Nobody learns a skill for the first time under pressure. If the first time you try the reset is in the fourth quarter, it won't be there. Build it now.

- 1 Ten reps a day.** Trigger, five steps, done. On the bus, in your room, before bed. It takes two minutes.
- 2 Use it in practice.** Run the full reset after every mistake in practice. Practice mistakes are free reps — don't waste them.
- 3 Visualize it.** Before sleep, picture a real mistake from a game — then watch yourself run the reset clean.

RUN IT IN ORDER

1

BREATHE

2

POSTURE

3

CUE

4

EYES

5

NEXT PLAY

WHAT'S NEXT

One tool. The whole **toolbox** is coming.

The reset is one skill. There's a whole set of them no one ever teaches athletes — controlling the voice in your head, building real confidence, locking in focus, bouncing back, peaking when it counts most.

APX Athlete is our 12-week performance mindset program that trains all of it: twelve lessons, a daily practice, and tools you'll use for the rest of your career.

It launches **August 1, 2026**. Get on the early list and be first in when the doors open.

Join the early list → resetperformancemindset.com

Reset Performance (RST) — performance mindset coaching for athletes, families, and teams. This is coaching, not therapy.
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