STEEL MINDSET · KEVIN BIVIA · HORIZON EDITIONS

OFFICIAL PRINTABLE A4 PACK

Spacious 90-Day Logbook (13 Weeks) · 8-Axis Wheel · H-2 & H+2 Sheets · 25 Condensed Field Cards

1 · 90-DAY A4 TRACKING

1 sheet per week (wide lines ≥ 7.5 mm), commitment contract, habit tracking, and D30 / D60 / D90 reviews.

2 · MATCH SHEETS

Season competition calendar, pre-match sheet (H-2), and 3-column cold debrief (H+2), infinitely reprintable.

3 · 25 FIELD CARDS

The entire S.O.L.I.D.E. system summarized at 2 cards per A4 sheet for your competition bag or locker.

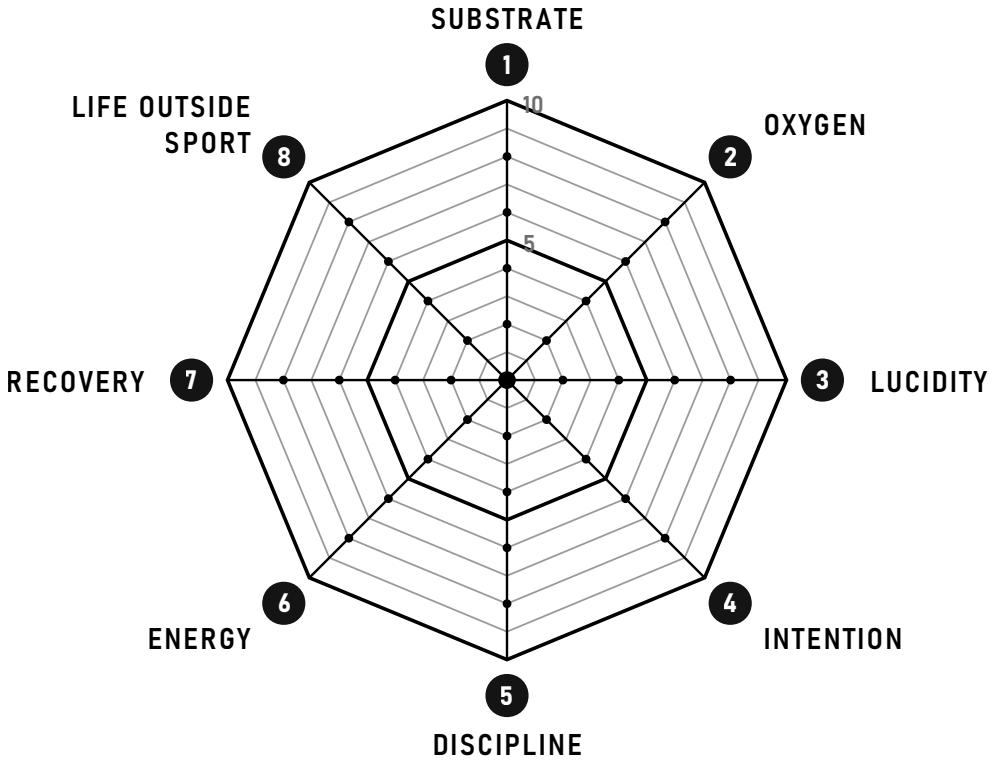
4 · 24 COMPANION AUDIO SESSIONS

Free listening on Spotify, Apple Podcasts, YouTube, Deezer, and Amazon Music at **https://mcp.loqato.fr/en**.

PRINT TIP: Choose *Black & White / Grayscale* and print only the sheets you need this week. Standard A4 format (210 × 297 mm). · **GRID KEY:** I = Intensity · P = Precision · R = Rest. · **DIRECT A4 PACK:** https://mcp.loqato.fr/go/en/pack_pdf

PART 8 · SELF-ASSESSMENT

The 8-axis wheel



Score each axis from 1 to 10, honestly, thinking about your last two weeks (sessions and matches). Mark your scores in pencil on the spokes, then join them: the weak spots jump out. Work on your lowest axis first for four weeks, using the tool or advice in the last column.

AXIS	TOOL OR CUE	WHERE TO ACT IF THE AXIS IS LOW
1 **Substrate**	4-count postural reset	Chapter 15 (p. 141 in book)
2 **Oxygen**	Physiological sigh, box breathing	Chapter 16 (p. 149 in book)
3 **Lucidity**	Flash affect labeling	Chapter 17 (p. 158 in book)
4 **Intention**	Laser sight	Chapter 18 (p. 167 in book)
5 **Discipline**	20-second routine	Chapter 19 (p. 175 in book)
6 **Energy**	Calibrated activation, recharge	Chapter 20 (p. 183 in book)
7 **Recovery**	Sleep, nutrition, load	Chapter 20 (p. 183 in book), R.E.C. evening. Lasting fatigue: coach or doctor.
8 **Life outside sport**	Relationships, study or work	Chapter 4 (p. 38 in book), part 6 (p. 254 in book). If it weighs on you: someone close or a professional.

SUMMARY OF MY STARTING PROFILE (TO COMPLETE AFTER PLOTTING THE WHEEL)

Starting total score: ……/80 · Engine axis (highest): …… · Brake axis (lowest): ……

My commitment no. 1 to raise my brake axis by +2 points by the day-30 review (monthly review in this pack):

MY COMMITMENT CONTRACT

Name:

Sport and level:

Start date:

My 90-day goal:

My three priority chapters (from the diagnostic):

My commitment: training hours per week:

The standard I never negotiate:

I commit to filling in this journal every day for 90 days, to judge my efforts rather than my results, and to come back to the method after every bad day.

DATE

SIGNATURE

MY 3 NON-NEGOTIABLE GOLDEN RULES IN COMPETITION (SET BEFORE DAY 1)

1. Before the match (my competition entry ritual):

2. After an error (my 10-second reset):

3. In Money-Time (my 100% process commitment):

Accountability witness (Coach / Parent / Partner):

FILL IN

YOUR 30-DAY TRACKER

Tick each completed day and rate your energy and clarity, from 1 to 10. Days 29 and 30, shaded, are the trial and the review.

Day 1 ☐ Energy …/10 Clarity …/10	**Day 2** ☐ Energy …/10 Clarity …/10	**Day 3** ☐ Energy …/10 Clarity …/10	**Day 4** ☐ Energy …/10 Clarity …/10	**Day 5** ☐ Energy …/10 Clarity …/10
Day 6 ☐ Energy …/10 Clarity …/10	**Day 7** ☐ Energy …/10 Clarity …/10	**Day 8** ☐ Energy …/10 Clarity …/10	**Day 9** ☐ Energy …/10 Clarity …/10	**Day 10** ☐ Energy …/10 Clarity …/10
Day 11 ☐ Energy …/10 Clarity …/10	**Day 12** ☐ Energy …/10 Clarity …/10	**Day 13** ☐ Energy …/10 Clarity …/10	**Day 14** ☐ Energy …/10 Clarity …/10	**Day 15** ☐ Energy …/10 Clarity …/10
Day 16 ☐ Energy …/10 Clarity …/10	**Day 17** ☐ Energy …/10 Clarity …/10	**Day 18** ☐ Energy …/10 Clarity …/10	**Day 19** ☐ Energy …/10 Clarity …/10	**Day 20** ☐ Energy …/10 Clarity …/10
Day 21 ☐ Energy …/10 Clarity …/10	**Day 22** ☐ Energy …/10 Clarity …/10	**Day 23** ☐ Energy …/10 Clarity …/10	**Day 24** ☐ Energy …/10 Clarity …/10	**Day 25** ☐ Energy …/10 Clarity …/10
Day 26 ☐ Energy …/10 Clarity …/10	**Day 27** ☐ Energy …/10 Clarity …/10	**Day 28** ☐ Energy …/10 Clarity …/10	**Day 29** ☐ Energy …/10 Clarity …/10	**Day 30** ☐ Energy …/10 Clarity …/10

WEEK · DAYS 01–07

01

Substrate & 10s Reset

THEME OF THE WEEK · STEEL MINDSET A4 LOGBOOK

PODCAST · MCP.LOQATO.FR/EN — Ep. 1 "Break Free from Match Choking" · Ep. 8 "Erase Any Mistake in 10 Seconds"

THE CHALLENGE

The 4-Count Postural Reset (SPR-4) and the 10-Second Reset at every session (3 field sessions + 2-min micro-rituals).

MY GOAL FOR THE WEEK:

DAY AND DATE	SESSION AND STATE (/10)	TOOL USED · KEY FACT
Day 01 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Unfilmed self-audit (2 min micro-ritual)*
Day 02 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Field session 1/12 · Substrate in the warm-up*
Day 03 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Posture in daily life (2 min micro-ritual)*
Day 04 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Field session 2/12 · The 10-Second Reset under fatigue*
Day 05 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Calibrate your statement cue (2 min micro-ritual)*
Day 06 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Field session 3/12 · Play without staring at the floor*
Day 07 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Week 1 review (2 min micro-ritual)*

HABIT TRACKER

KEY: I = INTENSITY · P = PRECISION

	M	T	W	T	F	S	S
7+ hours of sleep	☐	☐	☐	☐	☐	☐	☐
5 min of breathing	☐	☐	☐	☐	☐	☐	☐
Zero complaints	☐	☐	☐	☐	☐	☐	☐

WEEKLY REVIEW · WEEK 01

SCORE /10 ☐

My best mental moment:

What cost me:

My adjustment for next week:

02

Oxygen and Energy

THEME OF THE WEEK · STEEL MINDSET A4 LOGBOOK

PODCAST · MCP.LOQATO.FR/EN — Ep. 7 "Slow Your Pulse with 4-2-6 Breathing" · Ep. 18 "Post-Match Mental Cooldown"

THE CHALLENGE

Physiological sigh after hard effort, 2 cycles of 4-2-6 breathing on breaks, R.E.C. evening protocol.

MY GOAL FOR THE WEEK:

DAY AND DATE	SESSION AND STATE (/10)	TOOL USED · KEY FACT
Day 08 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Baseline calm breath (2 min micro-ritual)*
Day 09 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Field session 4/12 · The sigh right after effort*
Day 10 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*The 4-2-6 cadence (2 min micro-ritual)*
Day 11 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Field session 5/12 · 4-2-6 at every break*
Day 12 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Pre-sleep digital cutoff (2 min micro-ritual)*
Day 13 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Field session 6/12 · Quiet breath and R.E.C. evening*
Day 14 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Week 2 review (2 min micro-ritual)*

HABIT TRACKER

KEY: I = INTENSITY · P = PRECISION

	M	T	W	T	F	S	S
7+ hours of sleep	☐	☐	☐	☐	☐	☐	☐
5 min of breathing	☐	☐	☐	☐	☐	☐	☐
Zero complaints	☐	☐	☐	☐	☐	☐	☐

WEEKLY REVIEW · WEEK 02

SCORE /10 ☐

My best mental moment:

What cost me:

My adjustment for next week:

03

Discipline, Intention, Lucidity

THEME OF THE WEEK · STEEL MINDSET A4 LOGBOOK

PODCAST · MCP.LOQATO.FR/EN — Ep. 9 "The 20-Second Routine Between Points" · Ep. 10 "Compete and Win on an Off Day"

THE CHALLENGE

Short 4-stage routine (or 8-second express version), laser sight, and flash affect labeling.

MY GOAL FOR THE WEEK:

DAY AND DATE	SESSION AND STATE (/10)	TOOL USED · KEY FACT
Day 15 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Write your personal routine (2 min micro-ritual)*
Day 16 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Field session 7/12 · Lock routine and laser sight*
Day 17 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Cold flash affect labeling (2 min micro-ritual)*
Day 18 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Field session 8/12 · First option under fatigue*
Day 19 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Shadow rehearsal in the living room (2 min micro-ritual)*
Day 20 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Field session 9/12 · The routine match or scrimmage*
Day 21 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Week 3 review (2 min micro-ritual)*

HABIT TRACKER

KEY: I = INTENSITY · P = PRECISION

	M	T	W	T	F	S	S
7+ hours of sleep	☐	☐	☐	☐	☐	☐	☐
5 min of breathing	☐	☐	☐	☐	☐	☐	☐
Routine respected	☐	☐	☐	☐	☐	☐	☐
Zero complaints	☐	☐	☐	☐	☐	☐	☐

WEEKLY REVIEW · WEEK 03

SCORE /10 ☐

My best mental moment:

What cost me:

My adjustment for next week:

WEEK · DAYS 22–28

04

Money-Time

THEME OF THE WEEK · STEEL MINDSET A4 LOGBOOK

PODCAST · MCP.LOQATO.FR/EN Ep. 13 "Close Out Clutch Points Without Tightening" · Ep. 15 "Tennis and Padel: Handling Big Points" · Ep. 16 "Team Sports: Penalties, Turnovers and the Bench" · Ep. 17 "Running and Trail: Breaking Through the Wall"

THE CHALLENGE

Three trailing on the scoreboard or end-of-match sequences per session played with the full method.

MY GOAL FOR THE WEEK:

DAY AND DATE	SESSION AND STATE (/10)	TOOL USED · KEY FACT
Day 22 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Script your comeback scenario (2 min micro-ritual)*
Day 23 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Field session 10/12 · Start behind on the scoreboard*
Day 24 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Write two "If... then..." plans (2 min micro-ritual)*
Day 25 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Field session 11/12 · Close out without steering*
Day 26 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Mental rehearsal for tomorrow (2 min micro-ritual)*
Day 27 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Field session 12/12 · Full timed toolkit live*
Day 28 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Cold debrief and bag packed (5 min micro-ritual)*

HABIT TRACKER

KEY: I = INTENSITY · P = PRECISION

	M	T	W	T	F	S	S
7+ hours of sleep	☐	☐	☐	☐	☐	☐	☐
5 min of breathing	☐	☐	☐	☐	☐	☐	☐
Routine respected	☐	☐	☐	☐	☐	☐	☐
Zero complaints	☐	☐	☐	☐	☐	☐	☐

WEEKLY REVIEW · WEEK 04

SCORE /10 ☐

My best mental moment:

What cost me:

My adjustment for next week:

05

Trial, Review & Lucidity

THEME OF THE WEEK · STEEL MINDSET A4 LOGBOOK

PODCAST · MCP.LOQATO.FR/EN — Ep. 24 "Your 30-Day Steel Mindset Routine" · Ep. 10 "Compete and Win on an Off Day"

THE CHALLENGE

Flash affect labeling after every error: name the emotion, ask an open question, then give an affirmative instruction.

MY GOAL FOR THE WEEK:

DAY AND DATE	SESSION AND STATE (/10)	TOOL USED · KEY FACT
Day 29 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Trial by fire (competition or full simulation)*
Day 30 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*The 30-day review and 60-day renewal*
Day 31 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Flash affect labeling after every error (ch. 17)*
Day 32 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Talk to yourself by first name, in questions (ch. 17)*
Day 33 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*First-option rule on your finishing balls (ch. 6)*
Day 34 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Match: flash affect labeling at every tension*
Day 35 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Review: which emotions keep coming back?*

HABIT TRACKER

KEY: I = INTENSITY · P = PRECISION

	M	T	W	T	F	S	S
7+ hours of sleep	☐	☐	☐	☐	☐	☐	☐
5 min of breathing	☐	☐	☐	☐	☐	☐	☐
Routine respected	☐	☐	☐	☐	☐	☐	☐
Zero complaints	☐	☐	☐	☐	☐	☐	☐

WEEKLY REVIEW · WEEK 05

SCORE /10 ☐

My best mental moment:

What cost me:

My adjustment for next week:

06

Energy

THEME OF THE WEEK · STEEL MINDSET A4 LOGBOOK

PODCAST · MCP.LOQATO.FR/EN — Ep. 18 "Post-Match Mental Cooldown" · Ep. 3 "Sleep Calmly Before Game Day"

THE CHALLENGE

The R.E.C. recharge protocol after every hard session and every match.

MY GOAL FOR THE WEEK:

DAY AND DATE	SESSION AND STATE (/10)	TOOL USED · KEY FACT
Day 36 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Reread the R.E.C. protocol (ch. 20)*
Day 37 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Micro-Shutoff during the dead time of the match*
Day 38 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Release: twenty minutes with no screen or score*
Day 39 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Empty at H+2: three lines of facts in the logbook*
Day 40 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Charge: fixed bedtime, phone out of the bedroom*
Day 41 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Full R.E.C. evening after a hard session or match*
Day 42 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Measure: energy on waking; is the match back in your head?*

HABIT TRACKER

KEY: I = INTENSITY · P = PRECISION

	M	T	W	T	F	S	S
7+ hours of sleep	☐	☐	☐	☐	☐	☐	☐
5 min of breathing	☐	☐	☐	☐	☐	☐	☐
Routine respected	☐	☐	☐	☐	☐	☐	☐
Zero complaints	☐	☐	☐	☐	☐	☐	☐

WEEKLY REVIEW · WEEK 06 — SCORE /10 ☐

My best mental moment:

What cost me:

My adjustment for next week:

07

Enemy no. 1 ◎

THEME OF THE WEEK · STEEL MINDSET A4 LOGBOOK

PODCAST · MCP.LOQATO.FR/EN — Ep. 11 "Trap Games: Playing as Favorite or Underdog" · Ep. 19 "Bounce Back After a Tough Loss or Injury"

◎ THE CHALLENGE

The tool for your enemy no. 1 (diagnostic), applied at every session.

MY GOAL FOR THE WEEK:

DAY AND DATE	SESSION AND STATE (/10)	TOOL USED · KEY FACT
Day 43 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Reread the chapter on enemy no. 1 and its tool*
Day 44 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*The tool at rest: ten careful repetitions*
Day 45 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*The tool in practice, at every trigger*
Day 46 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*The tool under fatigue, at the end of practice*
Day 47 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*The tool in free play, noted after every key point*
Day 48 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Match or opposition: the tool at every trigger*
Day 49 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Review: has the trigger lost ground?*

✓ HABIT TRACKER

KEY: I = INTENSITY · P = PRECISION

	M	T	W	T	F	S	S
7+ hours of sleep	☐	☐	☐	☐	☐	☐	☐
5 min of breathing	☐	☐	☐	☐	☐	☐	☐
Routine respected	☐	☐	☐	☐	☐	☐	☐
Zero complaints	☐	☐	☐	☐	☐	☐	☐

✓ WEEKLY REVIEW · WEEK 07 — SCORE /10 ☐

My best mental moment:

What cost me:

My adjustment for next week:

08

Enemy no. 2 ◎

PODCAST · MCP.LOQATO.FR/EN — Ep. 2 "Turn Pre-Game Nerves into Focus" · Ep. 12 "Bad Calls and Opponent Provocation"

◎ **THE CHALLENGE**

The tool for your enemy no. 2, applied at every session.

MY GOAL FOR THE WEEK:

DAY AND DATE	SESSION AND STATE (/10)	TOOL USED · KEY FACT
Day 50 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Reread the chapter on enemy no. 2 and its tool*
Day 51 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Tool no. 2 at rest: ten careful repetitions*
Day 52 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Tool no. 2 in practice, at every trigger*
Day 53 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Key point: tool no. 1, then tool no. 2*
Day 54 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*End of practice: both tools under fatigue*
Day 55 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Match or opposition: tools no. 1 and no. 2*
Day 56 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Review: which of the two helped most?*

✓ **HABIT TRACKER**

KEY: I = INTENSITY · P = PRECISION

	M	T	W	T	F	S	S
7+ hours of sleep	☐	☐	☐	☐	☐	☐	☐
5 min of breathing	☐	☐	☐	☐	☐	☐	☐
Routine respected	☐	☐	☐	☐	☐	☐	☐
Zero complaints	☐	☐	☐	☐	☐	☐	☐

✓ **WEEKLY REVIEW · WEEK 08** — **SCORE /10** ☐

My best mental moment:

What cost me:

My adjustment for next week:

09

Enemy no. 3 ◎

THEME OF THE WEEK · STEEL MINDSET A4 LOGBOOK

PODCAST · MCP.LOQATO.FR/EN — Ep. 5 "Step Into Your Headphones Focus Bubble" · Ep. 13 "Close Out Clutch Points Without Tightening"

◎ THE CHALLENGE

The tool for your enemy no. 3, applied at every session.

MY GOAL FOR THE WEEK:

DAY AND DATE	SESSION AND STATE (/10)	TOOL USED · KEY FACT
Day 57 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Reread the chapter on enemy no. 3 and its tool*
Day 58 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Tool no. 3 at rest: ten careful repetitions*
Day 59 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Tool no. 3 in practice, at every trigger*
Day 60 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Key point: pick the tool that answers the trigger*
Day 61 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*End of practice: all three tools under fatigue*
Day 62 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Match or opposition: all three tools*
Day 63 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Review: rank your three enemies*

✓ HABIT TRACKER

KEY: I = INTENSITY · P = PRECISION

	M	T	W	T	F	S	S
7+ hours of sleep	☐	☐	☐	☐	☐	☐	☐
5 min of breathing	☐	☐	☐	☐	☐	☐	☐
Routine respected	☐	☐	☐	☐	☐	☐	☐
Zero complaints	☐	☐	☐	☐	☐	☐	☐

✓ WEEKLY REVIEW · WEEK 09 — SCORE /10 ☐

My best mental moment:

What cost me:

My adjustment for next week:

10

Intention

PODCAST · MCP.LOQATO.FR/EN — Ep. 14 "Enter the Flow Zone Naturally" · Ep. 4 "Visualize Your Match and Set Your Anchor"

THE CHALLENGE

One precise micro-target before every strike, shot, or decisive action.

MY GOAL FOR THE WEEK:

DAY AND DATE	SESSION AND STATE (/10)	TOOL USED · KEY FACT
Day 64 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Reread the laser sight (ch. 18), pick a micro-target*
Day 65 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Thirty strikes at three small targets*
Day 66 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*The laser sight under fatigue, at the end of practice*
Day 67 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*The "1–2" metronome (bounce, hit) over one set*
Day 68 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*One micro-target before every important point*
Day 69 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Match: one target before every decisive action*
Day 70 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Review: target chosen, or fear endured?*

HABIT TRACKER

KEY: I = INTENSITY · P = PRECISION

	M	T	W	T	F	S	S
7+ hours of sleep	☐	☐	☐	☐	☐	☐	☐
5 min of breathing	☐	☐	☐	☐	☐	☐	☐
Routine respected	☐	☐	☐	☐	☐	☐	☐
Zero complaints	☐	☐	☐	☐	☐	☐	☐

WEEKLY REVIEW · WEEK 10

SCORE /10 ☐

My best mental moment:

What cost me:

My adjustment for next week:

11

Chrono

THEME OF THE WEEK · STEEL MINDSET A4 LOGBOOK

PODCAST · MCP.LOQATO.FR/EN — Ep. 6 "Locker Room Mental Warm-Up" · Ep. 8 "Erase Any Mistake in 10 Seconds"

THE CHALLENGE

10-second reset after an error, your between-point routine, 2 cycles of 4-2-6 on short breaks, and 3-minute airlock.

MY GOAL FOR THE WEEK:

DAY AND DATE	SESSION AND STATE (/10)	TOOL USED · KEY FACT
Day 71 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Reread part 5: one protocol per time window*
Day 72 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*10-second reset after every error*
Day 73 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*20-second routine between every point*
Day 74 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*2 cycles of 4-2-6 on short breaks; 3-min airlock*
Day 75 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Night before a match: Day -1 protocol (H-2 sheet, match day)*
Day 76 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Match: reset, routine and airlock in sequence*
Day 77 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Day after the match: cold debrief, three columns*

HABIT TRACKER

KEY: I = INTENSITY · P = PRECISION

	M	T	W	T	F	S	S
7+ hours of sleep	☐	☐	☐	☐	☐	☐	☐
5 min of breathing	☐	☐	☐	☐	☐	☐	☐
Routine respected	☐	☐	☐	☐	☐	☐	☐
Zero complaints	☐	☐	☐	☐	☐	☐	☐

WEEKLY REVIEW · WEEK 11

SCORE /10 ☐

My best mental moment:

What cost me:

My adjustment for next week:

12

The zone

PODCAST · MCP.LOQATO.FR/EN — Ep. 4 "Visualize Your Match and Set Your Anchor" · Ep. 14 "Enter the Flow Zone Naturally"

THE CHALLENGE

Five minutes of PETTLEP visualization before every session and every match.

MY GOAL FOR THE WEEK:

DAY AND DATE	SESSION AND STATE (/10)	TOOL USED · KEY FACT
Day 78 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Reread bonus 2: visualization, goals, beliefs*
Day 79 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*PETTLEP visualization, five minutes, before practice*
Day 80 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Three "if... then..." plans written on a card*
Day 81 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Audit of a limiting belief, the useful version*
Day 82 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Memory of the Future, then practice*
Day 83 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Visualization, then a match with your plans in hand*
Day 84 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Review: what opened the zone?*

HABIT TRACKER

KEY: I = INTENSITY · P = PRECISION

	M	T	W	T	F	S	S
7+ hours of sleep	☐	☐	☐	☐	☐	☐	☐
5 min of breathing	☐	☐	☐	☐	☐	☐	☐
Visualization	☐	☐	☐	☐	☐	☐	☐
Routine respected	☐	☐	☐	☐	☐	☐	☐
Zero complaints	☐	☐	☐	☐	☐	☐	☐

WEEKLY REVIEW · WEEK 12

SCORE /10 ☐

My best mental moment:

What cost me:

My adjustment for next week:

WEEK · DAYS 85–90

13

Trial by fire

THEME OF THE WEEK · STEEL MINDSET A4 LOGBOOK

PODCAST · MCP.LOQATO.FR/EN — Ep. 15–17 (Tennis/Padel · Team Sports · Running/Trail) · Ep. 24 "Your 30-Day Steel Mindset Routine"

THE CHALLENGE

One high-stakes match played with the full method, followed by a cold debrief (H+2).

MY GOAL FOR THE WEEK:

DAY AND DATE	SESSION AND STATE (/10)	TOOL USED · KEY FACT
Day 85 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Reread your three "if... then..." plans and the H-2 sheet*
Day 86 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Light session: the short protocols, nothing new*
Day 87 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Night before the match: Day -1 protocol, screens off*
Day 88 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*High-stakes match, the whole method, then R.E.C. at night*
Day 89 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Day after the match: cold debrief (H+2 sheet)*
Day 90 · Date: __/__ Mode: circle I (Intensity) or P (Precision), or R (Rest)	☐ Train. ☐ Match ☐ Rest Energy .../10 · Clar. .../10	*Last day: score your 8 axes in the review (monthly review in this pack)*
90-day final review Cycle closing		*Second 8-axis wheel and next-cycle focus* MY PILLAR, NOW A REFLEX: MY BEST MENTAL WIN:

HABIT TRACKER

KEY: I = INTENSITY · P = PRECISION

	M	T	W	T	F	S
7+ hours of sleep	☐	☐	☐	☐	☐	☐
5 min of breathing	☐	☐	☐	☐	☐	☐
Visualization	☐	☐	☐	☐	☐	☐
Routine respected	☐	☐	☐	☐	☐	☐
Zero complaints	☐	☐	☐	☐	☐	☐

WEEKLY REVIEW · WEEK 13

SCORE /10 ☐

My best mental moment:

What cost me:

My adjustment for next week:

LOGBOOK

MY 30, 60 AND 90-DAY REVIEW

On days 30, 60 and 90, score each axis from 1 to 10 thinking about the last two weeks, then compare with your starting wheel (start of this pack). Compare yourself to yourself, never to others.

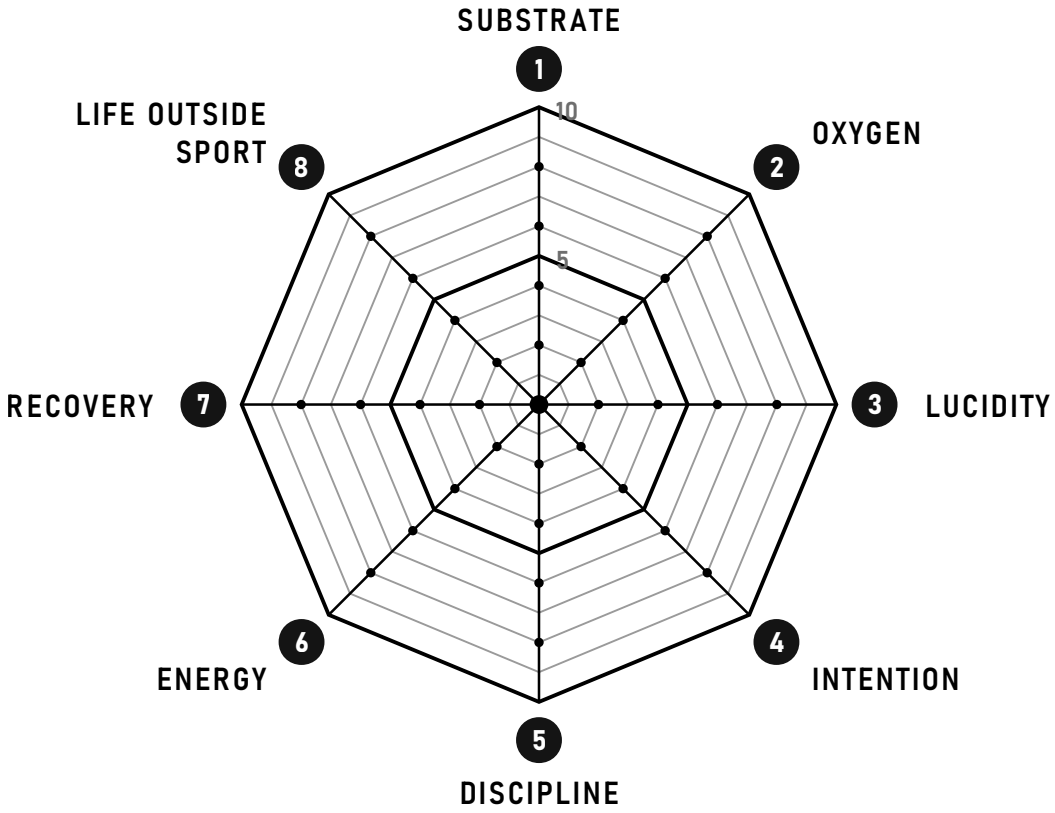
AXIS	START	DAY 30	DAY 60	DAY 90
1 Substrate				
2 Oxygen				
3 Lucidity				
4 Intention				
5 Discipline				
6 Energy				
7 Recovery				
8 Life outside sport				
TOTAL OUT OF 80				
My lowest axis				

DAY 30	DAY 60	DAY 90
Sessions and matches since the last review		
What improved		
What resists		
My focus for the next period		

DAY 90 · CYCLE CLOSING

THE FINISH LINE: YOUR SECOND WHEEL

Redo the 8-axis wheel with your day-90 scores, in another color if possible, then compare it with your starting wheel (start of this pack). What went up is yours to keep; what is still low points to your next cycle.



Overall mental level (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

The pillar that became a reflex:

The enemy I learned to master:

My best mental win:

My focus for the next 90 days:

Signature and completion date:

For your next cycle. Spot the two axes that progressed most, then choose the three field cards that will serve you best next season. Access the unlimited printable A4 Pack (90-day sheets, H-2 / H+2 sheets, and 25 A4 Field Cards) free at https://mcp.loqato.fr/en to restart a fresh cycle before every major goal.

Direct Printable A4 Pack PDF : https://mcp.loqato.fr/go/en/pack_pdf

SEASON & COMPETITIONS

COMPETITION SHEETS H-2 / H+2

Print the two sheets below before every important competition and file each pair together after the match.

MY COMPETITIONS THIS SEASON

DATE	EVENT	MY PROCESS GOAL	SHEETS (H-2 / H+2)
			☐ H-2 ☐ H+2
			☐ H-2 ☐ H+2
			☐ H-2 ☐ H+2
			☐ H-2 ☐ H+2
			☐ H-2 ☐ H+2
			☐ H-2 ☐ H+2
			☐ H-2 ☐ H+2
			☐ H-2 ☐ H+2
			☐ H-2 ☐ H+2
			☐ H-2 ☐ H+2
			☐ H-2 ☐ H+2
			☐ H-2 ☐ H+2
			☐ H-2 ☐ H+2

FILING INSTRUCTIONS · H-2 & H+2 SHEETS

Print as many copies as you need of the next two pages (**H-2** two hours before competition, **H+2** two hours after), check both boxes in the right column above, and clip each pair into your season binder or folder.

PRE-MATCH SHEET (H-2)

Date and event:

Opponent and surface / conditions:

Physical energy	1 2 3 4 5 6 7 8 9 10
Nervous arousal	1 2 3 4 5 6 7 8 9 10
Confidence	1 2 3 4 5 6 7 8 9 10

MY 3 CRITERIA FOR TODAY (S.O.L.I.D.E.)

My anchor word:

My plan if I'm ahead:

My plan if I'm behind:

MY ROUTINE BETWEEN POINTS OR PLAYS

MY PHYSICAL AND MENTAL WARM-UP PLAN (H-45 MIN TO H-5 MIN)

Signed commitment before entering the competition:

LOGBOOK · FILL IN (OR FREE PRINTABLE A4 PACK)

DEBRIEF SHEET (H+2)

Date, opponent, and result:

Sticking to my routines	1 2 3 4 5 6 7 8 9 10
Clarity in the Money-Time	1 2 3 4 5 6 7 8 9 10
Fighting spirit	1 2 3 4 5 6 7 8 9 10

THE THREE COLUMNS

THE FACTS	CRITERIA HELD OR NOT	MY ADJUSTMENT FOR MONDAY

THE KEY MOMENT OF THE MATCH, TOLD WITHOUT ADJECTIVES

MY 5 DEPOSITS TODAY (3 FOR EXECUTION, 2 FOR EFFORT), MENTAL BANK ACCOUNT:

The priority S.O.L.I.D.E. tool to train this week:

FIELD CARD · CHAPTER 01 · S.O.L.I.D.E.

THE 3-STEP BIOMECHANICAL RESET

> **When to trigger:** Between serves, before a free kick, before you step onto the mat.

1. **Visual disconnect** *[3 s]* — Look away from the line, the scoreboard and your opponent. Fix on a neutral point outside your body: a line nail, a blade of grass.
2. **Physiological sigh** *[5-6 s]* — Two inhales through the nose in a row (the second, shorter, tops up the first), then one long exhale through the mouth.
3. **Release the jaw** *[2 s]* — Unclench your molars. A loose jaw helps your dominant hand let go.

STEEL PHRASE: *Don't argue with the alarm: eyes, breath, jaw.*

FIELD CARD · CHAPTER 02 · S.O.L.I.D.E.

THE PANORAMIC SWITCH AND THE SINGLE CUE

> **When to trigger:** In the 4 seconds before you strike or receive the ball.

1. **Panoramic switch** *[2 s]* — Without moving your eyes, take in the edges of your visual field: left, right, above.
2. **One external cue** *[2 s]* — Pick ONE precise point: the seam of the ball, the far top corner, the hollow of your opponent's throat.
3. **No body cues** — Once the cue is chosen, no more technical thoughts. Your body organizes itself around the target.

STEEL PHRASE: *Widen your gaze, pick one cue, let your body play.*

FIELD CARD · CHAPTER 03 · S.O.L.I.D.E.

THE 1-10 NERVOUS RHEOSTAT

> **When to trigger:** Before and during the match, as soon as your arousal leaves the green zone (4–6 fine control / 7–8 explosive).

1. **Too high (8+):** 2 physiological sighs, open your hands, slow walk (15 s).
2. **Too low (1–3):** 5 sharp nasal breaths, 3 thigh slaps, 5 quick forefoot bounces.

STEEL PHRASE: *Composure sets the aim; energy drives the impact.*

FIELD CARD · CHAPTER 04 · S.O.L.I.D.E.

THE SPLIT: THE OPERATOR AND THE ENGINEER

> **When to trigger:** Before you walk on court, then after every error or lost point.

1. **Step into the Operator role** *[Before]* — You are a precision technician on a mission, not a candidate trying to prove your worth.
2. **The decoupling airlock** *[After an error]* — 1. The raw fact. 2. “My score is not who I am.” 3. One mechanical order for the next point.
3. **Neutralize outside eyes** *[Before]* — Look at the stands once: those eyes control neither your muscles nor your ball.

STEEL PHRASE: *You are not your score: your pride is measured by your engagement.*

FIELD CARD · CHAPTER 05 · S.O.L.I.D.E.

THE IRREVERSIBLE BALLISTIC PROTOCOL

> **When to trigger:** In the 10 seconds before a decisive action: penalty, break point, putt.

1. **Target chosen** *[4 s]* — Pick your target. Once decided, you never change it: no shouting, no last-second doubt.
2. **Exhale on release** *[2 s]* — Exhale hard through the mouth (“Tss”, “Ha”) the instant the motion starts.
3. **Full follow-through** *[Action]* — Finish the full range of motion. Never brake after contact.

STEEL PHRASE: *You cannot drive through the ball with your body if you are already backing up in your head.*

FIELD CARD · CHAPTER 06 · S.O.L.I.D.E.

THE FIRST OPTION RULE AND THE TRIGGER WORD

> **When to trigger:** When an attacking chance appears and doubt starts to creep in.

1. **First option** *[Instant]* — Play the first option that appears. Swing launched, no changes; before the load, one new choice only.
2. **Trigger word** *[Top of the motion]* — One sharp syllable: “GO”, “CLACK”. It cuts off second-guessing.
3. **100% commitment** *[Action]* — An average option played fully beats a perfect option played in doubt.

STEEL PHRASE: *Before the action, choose your target. During the action, trust your first instinct.*

FIELD CARD · CHAPTER 07 · S.O.L.I.D.E.

THE STEEL BUBBLE PROTOCOL

> **When to trigger:** From the warm-up to the very last point.

1. **Draw the border** *[Before]* — Walk the lines: everything inside depends on you; everything outside does not exist.
2. **Zero glances outside the lines** *[During]* — Between points, three targets only: your equipment, the ground, the opponent's court.
3. **The circuit-breaker phrase** *[Stray thought]* — "Inside these lines, it's my house." Once, on a long exhale, then the next target.

STEEL PHRASE: *Two things belong to you: where your eyes go and what you do with what you feel. Everything outside the lines is outside your jurisdiction.*

FIELD CARD · CHAPTER 08 · S.O.L.I.D.E.

THE FIRE EXTINGUISHER

> **When to trigger:** The moment the urge to hit, throw or shout rises.

1. **Open your palms wide** *[1 s]* — Peel every finger off the handle. Hold the racket by the frame, head down.
2. **The long exhale** *[4 s]* — Short inhale through the nose, then a slow exhale, lips slightly parted, shoulders down: 4 s in all. One exhale only.
3. **Neutral fixation** *[2 s]* — Look at an inert object (a string crossing, the seam of the ball) and name it silently.

STEEL PHRASE: *Raging after a mistake replays it and loses the point twice.*

FIELD CARD · CHAPTER 09 · S.O.L.I.D.E.

THE EPICTETUS FILTER AND THE ERASER GESTURE

> **When to trigger:** Right after an unfair call or a cruel bounce.

1. **Flash sort** *[2 s]* — "Can I change this call now?" No. "Done. Outside my control."
2. **The eraser gesture** *[2 s]* — Wipe the incident away: scrub your sole on the clay, or wipe your palm down your shorts.
3. **The attack order** *[2 s]* — Lift your head and give an order: "Stay low, first serve into his backhand."

STEEL PHRASE: *Sport is not an exact science: swallow the bad break in six seconds and win the next point.*

FIELD CARD · CHAPTER 10 · S.O.L.I.D.E.

THE DE-SACRALIZATION PROTOCOL

> **When to trigger:** From the day before the match to the first rallies.

1. **Digital blackout** *[Day before]* — Don't look up your opponent's ranking or record. A ranking says nothing about today's match.
2. **The 3 warm-up bans** *[Last 5 min]* — No judging, no matching their pace, no predicting. Watch the ball: trajectory, spin, bounce.
3. **Find the human crack** *[First 3 rallies]* — Short of breath? Backing off high balls? "He's a player like me: he gets tired, he doubts."

STEEL PHRASE: *Status is a label. The next action is real.*

FIELD CARD · CHAPTER 11 · S.O.L.I.D.E.

THE ERROR BUDGET AND THE CRAFTSMAN SWITCH

> **When to trigger:** Before the match, then after every error.

1. **Allocate an error budget** *[Before]* — "Today I'm allowed 25 unforced errors for the whole match." Every error becomes a planned expense.
2. **The craftsman switch** *[After each point]* — Not "Was it perfect?" but "Did my ball cause my opponent a problem?"
3. **No technical tinkering** *[During]* — Don't fix your stroke between points. Keep today's settings, good or bad.

STEEL PHRASE: *Win with your imperfections: the scoreboard never grades style.*

FIELD CARD · CHAPTER 12 · S.O.L.I.D.E.

THE TEMPORAL TOURNIQUET

> **When to trigger:** After 3 points lost in a row. Twenty seconds in all.

1. **Cut: slow-motion walk** *[5 s]* — Back to the net, walk slowly to the back, shoulders low. Do not jog.
2. **Reset: equipment, then breath** *[8 s]* — One move, always the same (wipe each finger on your towel), then one physiological sigh with your back to the net. Dizzy: breathe normally.
3. **Plan and bounces** *[7 s]* — Turn around: three bounces (3 s), one exhale (3 s), then the target in 1 s (a simple pattern): the next point starts from zero.

STEEL PHRASE: *Slow your steps: the clock is yours again.*

FIELD CARD · CHAPTER 13 · S.O.L.I.D.E.

THE CLINICAL VERDICT

> **When to trigger:** When you are ahead and the win is close: 40-0, match point.

1. **The invisible score** *[On the call]* — Hear the score without fighting it, then file it: "Next point." If doubt shows up: "There's the doubt."
2. **My spot** *[3 s]* — Feet flat, chest tall, long exhale. One sentence only: "You belong here. You built this score."
3. **Pattern number one** *[Action]* — Nothing invented at the last minute. Play your most reliable shot with a full follow-through.

STEEL PHRASE: *You belong here: close it out, full follow-through.*

FIELD CARD · CHAPTER 14 · S.O.L.I.D.E.

THE SENSORY RE-ATTRIBUTION PROTOCOL

> **When to trigger:** When you return to play, and only after your doctor or physio has cleared you.

1. **Active foot-plant wake-up** *[2 min]* — Small two-footed jumps, then firm landings on the repaired limb, dosed with your physiotherapist.
2. **Sort first, then the sentence** *[Before effort]* — "Pain or apprehension?" Pain: you don't play. Apprehension: "Repaired, tested, cleared. I play."
3. **The body-forgetting rule** *[After warm-up]* — Stop touching or testing the joint. Sharp pain overrides the rule: stop.

Important: Your doctor's or physio's advice outranks this book. Sharp, new or increasing pain: stop immediately.

STEEL PHRASE: *The body is cleared: release the movement.*

FIELD CARD · CHAPTER 15 · PILLAR S

THE 4-COUNT STEEL POSTURAL RESET

> **When to trigger:** After every point, every error, every flicker of doubt.

1. **Feet flat** *[1 s]* — Set both feet flat, weight spread evenly, knees slightly bent, never locked.
2. **Open collarbones** *[1 s]* — Shoulders back and down, sternum forward, without arching your lower back.
3. **Level chin** *[1 s]* — Chin level with the ground, eyes on one precise point outside your body. Not on your feet.
4. **Firm grip** *[1 s]* — Hold your equipment calmly: racket head at chest height. No equipment: hands open, relaxed.

STEEL PHRASE: *Hold your frame steady: your head follows your posture more often than you think.*

FIELD CARD · CHAPTER 16 · PILLAR O

TACTICAL BREATHWORK

> **When to trigger:** Between plays, during high-heart-rate breaks, and in calm prep before the match (H-15).

1. **In play (5–6 s):** physiological sigh — 2 quick nasal inhales followed by one long mouth exhale.
2. **On breaks:** 2 cycles of 4-2-6 breathing (high heart rate) or Box Breathing 4-4-4-4 at rest (H-15, locker room, evening).

STEEL PHRASE: *Inhale through your nose, lengthen the exhale on breaks, blow through every strike: heart and arm follow.*

FIELD CARD · CHAPTER 17 · PILLAR L

FLASH AFFECT LABELING IN 3 STEPS

> **When to trigger:** In the 5 seconds after an unforced error or a poor decision.

1. **Neutral label** *[1 s]* — Name the emotion in one word: “Annoyance”, “Score fear”, “Impatience”.
2. **The open question** *[2 s]* — A question aimed at the game: “Where is the open space on his side?” Your attention moves back outside.
3. **The affirmative instruction** *[2 s]* — A short instruction with no “don’t”: “High ball to his backhand, then I attack the middle.”

STEEL PHRASE: *Name the emotion, ask the game a question, and call your target without a single ‘don’t.’*

FIELD CARD · CHAPTER 18 · PILLAR I

THE 3-PHASE LASER SIGHT

> **When to trigger:** In the 3 seconds before any action.

1. **Micro-target** *[1 s]* — Not an area: a tiny detail. A line nail, a scuff mark on the clay, a single mesh of the net.
2. **Sensory primer** *[1 s]* — Hear and feel the successful shot just before you play it.
3. **Let go** *[1 s]* — “See the target, let the body work.” No technical instructions.

STEEL PHRASE: *The ball is the arrow, not the target: pick a tiny dot, lock your two-beat rhythm, and fire straight through.*

FIELD CARD · CHAPTER 19 · PILLAR D

THE INVARIABLE PRE-ACTION SEQUENCE

> **When to trigger:** Before every key action: serve, penalty, free throw, putt. Core of the last beat of the 20-second routine.

1. **Bounce counter** *[3 s]* — Always the same number: three in this book. No ball? A fixed gesture: two racket taps on the sole.
2. **Breathing airlock** *[3 s]* — Inhale through the nose on the last bounce, slow exhale while you fix the target.
3. **Trigger word** *[1 s]* — “Smooth”, “Arrow”, “Clack”. The motion leaves at full speed.

STEEL PHRASE: *Same tempo at every score, first target locked, Stop-and-Restart at the slightest doubt.*

FIELD CARD · CHAPTER 20 · PILLAR E

THE R.E.C. RECHARGE PROTOCOL

> **When to trigger:** After every match, every hard session, and the night before a competition.

1. **Release** *[H+0 to H+20 min]* — A closing ritual: shower, change of clothes, twenty minutes with no screen and no score. One closing line: “Match over, file closed.”
2. **Empty** *[H+2]* — Three lines of facts in your logbook: what worked, what cost you, one adjustment. Then five minutes of slow breathing.
3. **Charge** *[Overnight]* — Fixed bedtime, seven to nine hours of sleep, no screens in bed. The next day, something you enjoy away from your sport.

STEEL PHRASE: *Save your energy during dead time, and close the file at night so your battery comes back full.*

FIELD CARD · CHAPTER 21 · S.O.L.I.D.E.

THE STEEL KICKER

> **When to trigger:** On a decisive second serve: break point, deuce or golden point.

1. **Three rhythmic bounces** *[3 s]* — Feet behind the line, eyes on the target box: "Calm, target, rip."
2. **Toss at eleven o'clock** *[Load]* — Ball above your head, slightly behind and to the left (right-hander; mirror it if you are a lefty): the racket brushes up the ball from 7 toward 1 o'clock.
3. **Audible exhale** *[Contact]* — "Ha" or "Tss" as your arm rises to the ball: the racket travels through without braking.

STEEL PHRASE: *Accelerate your arm: spin is your margin for error.*

FIELD CARD · CHAPTER 22 · S.O.L.I.D.E.

THE 12-YARD STEEL PROTOCOL

> **When to trigger:** On a penalty or any decisive shot.

1. **Target set** *[Before placing]* — Choose the spot once and for all. The keeper can dance; you change nothing.
2. **Valve anchor** *[5 s]* — Ball down, valve facing you. Step back your usual number of steps, eyes on the valve.
3. **Post-whistle airlock** *[3 s]* — Don't move. One inhale, one long exhale while fixing the valve. "One, two, three": on three, you go.
4. **Committed strike** *[Action]* — Eyes on the valve, smooth run-up, full follow-through toward the chosen target.

STEEL PHRASE: *Target chosen, eyes on the valve, bold call in open play: fear decides nothing.*

FIELD CARD · CHAPTER 23 · S.O.L.I.D.E.

INVISIBLE LANDMARKS AND THE PACING MANTRA

> **When to trigger:** The moment breathlessness or the urge to quit hits.

1. **Hide the watch** *[Settled pace]* — No pace or distance data on screen anymore.
2. **A landmark 300 m away** *[300 m at most]* — A close marker: “I run to that sign.” Then the next one, again and again.
3. **The pacing mantra** *[Continuous]* — Left foot: “Step by step.” Right foot: “Meter by meter.”

STEEL PHRASE: *When your brain says stop, your body often has more to give; sharp pain, a tight chest or dizziness: you stop.*

FIELD CARD · CHAPTER 24 · S.O.L.I.D.E.

THE COLD IMPACT PROTOCOL

> **When to trigger:** From the first exchange, and on every impact.

1. **One anchor point** *[Guard]* — Fix the base of your opponent’s neck in wide vision. Never the gloves, never the feet.
2. **Armor exhale** *[Every impact]* — Exhale short and sharp (“Pssht”), through the nose or around the mouthguard: one burst of air, then breathe normally.
3. **The returned strike** *[0.3 s]* — One short counter, within the rules, then back to guard. Head spinning: don’t counter, have the fight stopped.

STEEL PHRASE: *Look the impact in the eye: high guard, step off the line, then answer by choice.*

FIELD CARD · CHAPTER 25 · S.O.L.I.D.E.

THE RETINAL SILENCE PROTOCOL

> **When to trigger:** At address, on the decisive putt or shot.

1. **Isolate one dimple** *[2 s]* — Fix a tiny point on the back of the ball, exactly where the face will strike.
2. **Shoulder pendulum** *[Stroke]* — No wrist action. Grandfather-clock rhythm: "Tick… tock".
3. **Blind listening** *[3 s]* — Eyes stay where the ball was. Wait to hear it drop into the cup.

STEEL PHRASE: *Listen for the ball to drop; don't chase it with your eyes.*

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