

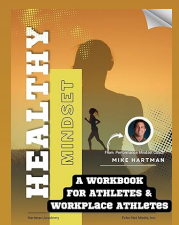
HEALTHY

MINDSET



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Why A Healthy Mindset For The Underdog?

A Healthy Mindset is crucial for **AAU athletes** as it lays the foundation for mindfulness and the ability to triumph in the mental aspects of their pursuits.

Understanding the significance of a Healthy Mindset empowers individuals to apply mindfulness techniques, envision success, set intentions, establish effective goals, cultivate daily habits, and foster a positive self-image.

WHY UNDERDOGS

The underdog, often underestimated and facing formidable challenges, embodies resilience and determination. In various narratives, the underdog emerges from the shadows, defying expectations and prevailing against stronger opponents.

THE PROGRAM



The Healthy Mindset App **online accountability coaching** program for Athletes is for participants aged 12 and up.



Start the process by clicking the link that was provided for you.



Read or listen to the Audio eLearning course, featuring 14 transformational lessons and short quizzes, is then granted.

The journey continues with a community for support-weekly group coaching, online accountability coaching, private chats with Mike Hartman, and an extensive resource library encompassing motivational messages, Q&A, nutritional resources, audio self-coaching, guided meditation, guided goals mediation and visualization.

<https://healthymindsetapp.com/>