



CHAMPION'S MINDSET

GOAL BLUEPRINT FRAMEWORK
VISION INTO CONSISTENT EXECUTION



— ALEXANDER PELLEY —

SPEAKING AND COACHING

START HERE: Build an Anchored Champion Day

FROM THE CHAMPION'S MINDSET

Morning rituals are foundations. They shape mood, focus and the ability to meet challenges. Mindfulness, movement, goal setting and personal growth help you take control before the world begins making demands.

Adapted from The Champion Mindset, Chapter 11, pp. 267-271.

Use Everyday Actions as Reliable Anchors

Everyday anchor	Champion action	Time
Feet touch the floor	Take one intentional breath and choose the day's identity	30 sec
Brush teeth	Speak one present-tense identity statement	30 sec
Take a shower	Name three things you appreciate	1 min
Prepare coffee / tea	Write the day's must-win action	1 min
Open the computer	Start the priority before messages	2 min
Eat lunch	Check posture, breathing and attention	1 min
Plug in phone	Record wins and set tomorrow's priority	2 min

My Morning Ritual Builder

Choose a version you can repeat. A five-minute ritual practiced consistently is more valuable than an elaborate routine abandoned after three days.

Stage	Minimum version	Full version	My anchor
Center	Three slow breaths	5-minute meditation	
Prime	One gratitude	Write three gratitudes	
Direct	Name one must-win	Review goals and schedule	
Rehearse	See the first action	Visualize the desired performance	
Energize	Stretch for one minute	Walk or exercise	
Act	Begin for two minutes	Complete a focused work block	

My ritual start time	
What I will prepare the night before	
My minimum version on a difficult morning	
My first action after the ritual	

The 90-Second Champion Reset

Use this sequence after a setback, distraction or emotional spike. The goal is not to suppress emotion; it is to regain choice.

Step	Action	Prompt
1. Pause	Stop the automatic response	What is happening right now?
2. Breathe	Use a slow inhale and longer exhale	Can I soften physical tension?
3. Name	Label the thought and emotion	What story am I telling myself?
4. Reframe	Choose a useful interpretation	What else could this mean?
5. Choose	Select one aligned action	What would a champion do next?

My most common trigger	
My useful reframe	
My fastest aligned action	
Person I can contact for support	

IMPORTANT

If breathing exercises cause discomfort or light-headedness, return to normal breathing. This routine supports self-regulation but does not replace medical or mental health care.

The Six-Step Daily Process

Complete this sequence each morning in 10-15 minutes. Return to it briefly whenever your attention or energy drifts.

1. GRATITUDE

Prime your attention for possibility. Write three specific things you appreciate. Feel each one rather than rushing through a list.

2. IDEALIZATION

Define the day before the day defines you. Describe the ideal outcome for today. Focus on what you can influence and the person you choose to be.

3. VERBALIZATION

Use language that supports action. Speak a short present-tense statement that reinforces identity, capability and commitment.

4. VISUALIZATION

Mentally rehearse success. See yourself completing the important action, responding calmly to obstacles and finishing well.

5. EMOTIONALIZATION

Generate the emotional state that supports performance. Connect the desired result to gratitude, confidence, purpose and service. Let the body feel the future now.

6. REALIZATION

Convert mindset into movement. Choose the next concrete action and begin. Insight becomes transformation only through execution.

My Morning Champion Page

Three things I am grateful for	
My ideal outcome today	
My identity statement	
What I will visualize	
The emotion I choose	
My first decisive action	

Midday Reset

Use this two-minute reset when stress, distraction or doubt begins to control the day.

- STOP: pause the automatic reaction.
- BREATHE: inhale slowly and lengthen the exhale.
- OBSERVE: name the thought, feeling and physical response.
- PIVOT: choose a more useful interpretation.
- ACT: take the next small action that serves the goal.

What am I thinking and feeling?	
What interpretation would serve me better?	
What is the next useful action?	

4-7-8 Breathing

Inhale for 4 counts, hold for 7, exhale for 8. Repeat up to four cycles if comfortable. Stop if you feel light-headed.

Evening Realization Review

Three wins from today	
Where I demonstrated discipline	
What challenged me	
What I learned	
What I release before sleep	
My priority for tomorrow	

Daily Score

Clarity ___/10 Energy ___/10 Discipline ___/10 Follow-through ___/10

I do not need a perfect day. I need an honest review and a recommitment to the next right action.

Daily Champion's Mindset Checklist

Print this page separately for a fast daily reference.

Morning	During the Day	Evening
• Gratitude • Idealization • Verbalization • Visualization • Emotionalization • Realization	• Protect attention • Use the STOP reset • Breathe deliberately • Take the next action • Return without judgment	• Record wins • Review discipline • Extract the lesson • Release the day • Set tomorrow's priority

Today's commitment	
Signature / date	

Seven-Day Champion Integration Challenge

Complete one focused practice each day. Keep the action small, record evidence and repeat any day that creates a noticeable shift.

Day	Practice	Completion	What I noticed
1	Anchor one identity statement after brushing your teeth	☐	
2	Practice gratitude during your shower	☐	
3	Complete the Six-Step Daily Process	☐	
4	Use one 90-second reset under pressure	☐	
5	Protect one distraction-free priority block	☐	
6	Celebrate three wins and extract one lesson	☐	
7	Review the week and choose the next habit	☐	

Practice that helped most	
Evidence that my mindset shifted	
Habit I will continue for 30 days	
My next review date	