
Ready for Anything!

Or at least most things...

Take steps towards a more possible you!

A Quick Course from TERTAD Content

Don't wait to be Ready.

In order for any situation to change you first come to see it as changeable. A gentle understanding with yourself that each moment of your life isn't controllable or set in stone.

Learn to allow yourself to move past the difficult - faster, enjoy the present - longer. Begin to create a mentality where you respond to life in a way that moves you towards a more possible you and away from negative autopilot.

Week 1. Take a gentle look at the path ahead

Being able to look at what is coming up without deciding it's good or bad is a skill. ANY path in front of us may change or divert. Paths may even offer twists & turns we didn't know we could take.

Being gentle and open keeps more opportunity possible.

— **Week 2. Work to see both sides of POSSIBLE.**

No outcome is set in stone, visualize things going the way you want **AND** any frustrations, difficulties, obstacles that you can think of.

Create possible solutions, behaviors & responses to these difficulties. You can adjust your path and minimize the negative emotions that come up.

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Week 3. As moments come and go - observe how you're responding.

One way to keep emotions from ruling your life is to know they are always present. Then decide how you'd like to feel or behave when the difficult ones show up.

Visualize what that might look or feel like once you recognize being caught in the moment.

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Week 4. Adjust what you choose to see and how you choose to respond.

Periodic personal recaps, resets & adjustments to how you see your path are all part of any successful future.

Adjusting isn't failing. Changing course isn't quitting.

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TIP: If it's not how you would talk to someone you truly care about - **It's NOT something to be saying or believing about yourself!**

**Having high standards & goals is not the same as being harsh with yourself.

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NO change happens overnight. Choosing to put work into your mentality is just a step on your path.

**“If you’re not changing the things you don’t like -
you’re choosing them!”**

For more, visit: www.tertad.com

Soft Focus Visualization

What I want to happen

This would be great, if it happened this way.

Frustrations

When I feel frustration I can acknowledge it and not be discouraged.

20%

80%

Obstacles

I see these obstacles as possible. I am ready to hear/address them. (even if I don't have answers yet)

Difficulties

When it gets hard, I see myself relax & keep going. I choose to trust my current path & work.

Simple Path

**Spend 5 minutes
at the end of each
day looking for
gratitude
moments.**

**Look forward with
a soft focus to the
path ahead.**

**See both the
good & difficult as
possible to be
prepared instead
of surprised.**

Only speak to myself as I would someone I truly care about!



Ready for More?

Join the **TERTAD** Family.

We want to hear from you as we develop more content to support Whole Athlete Growth/Development.

Tip.

If you start choosing to believe "it" can work out, you'll see opportunities to work towards it.

If you believe it won't you'll see failures at every adversity.