

# MINDSTRONG PROJECT

Hey guys,

My name is Harvey Martin I am the creator of the **Diamond Series** and the Co-Founder of **The MindStrong Project** with David Fischer. Together he and I have sought out to discover and share the most successful systems we are capable of retrieving. Through the platform of sports and the mission of Human Performance we have uncovered some amazing techniques and tools that you will be able to add to your toolbox.

First, you must understand the Diamond Series and the blueprint it helps each one of us layout for our own personal development. The Diamond Series is our “Practice Plan”. This format is put in front of us to create sustainability in a level of high awareness and confidence for our performance. The goal of peak performance is to sustain a consistent approach of prepared confidence. In competition we will always fall to the level of our preparation and it is important to build a system that sets you up for optimal success.

## **Diamond Series -**

Home Plate = Purpose- Here lies the ability to know why we’re doing something. In our case of being baseball players the level of defined purpose will allow you to tackle the road of resiliency that waits ahead of you. We find purpose in three different ways: 1.) Identity 2.) Togetherness “Act of Service” 3.) Struggle

Who are you?

How do you serve others?

What are you willing to struggle for?

**First Base** = Standards- As you define and constantly reflect on an evolving purpose continue to adjust and heighten your standards of living. Here is the base where our choices are made. The Standards you place for yourself will ultimately create the choices you subconsciously make throughout your journey as a baseball player. Start with the physical and mental standards that drive you to make the best decisions in and out of competition.

What values are important to you?

**Second Base** = Systems- The Systems of Excellence stem from the purpose and standards you develop. This base serves us with the process we create to get us to the desired result.

What are your habits?

What are your most successful routines?

What are your goals?

What are the barriers that stand in your way?

**Third Base** = Vision- As peak performers it is important that we live and compete in the moment. To keep us excited we must narrow down and clarify our vision. Visualization has been used in Human Performance for a long time and the importance is crucial. Hitting a triple is no easy feat and it rides right along the difficulty of continuously clarifying your vision. The more direct you can see your future the more your actions will follow suit. At this base we want you to start with the end.

When your career is over, how will you be talked about?

What will you have accomplished?

How many people have you impacted?

Throughout this journey we go down with you guys, we look forward to sharing as much information as we can to enhance your mental game. Our team will take you down a path focused on mental skills, breath work, goal setting, vision and of course the strength of the Diamond Series. Best of luck to all of you as you continue to chase edges and enhance your performance!

Best wishes,  
Harvey Martin