



A COACH LEWIS POSTER

TOOL
02

The ABC Confidence Stack

PRE-PERFORMANCE

One tool. Print it, post it, run it when the moment calls.

From the Apex Six Mental Performance System.

02

The ABC Confidence Stack

PRE-PERFORMANCE

WHEN TO USE

Pre-performance — to walk in feeling ready, not nervous.

HOW TO RUN IT

1

A — Anchor: A physical action you OWN (chest tap, wrist squeeze, foot stomp). Same one every time.

2

B — Belief: A 5-word identity statement. “I belong on this floor.” Pick one, marry it.

3

C — Cue: A sharp verbal trigger (“go work,” “my time”). Says: training is over, now we play.

TIMING

90 seconds · Run it 5 min before tip / kickoff / serve

PRINT · POST · RUN IT WHEN THE MOMENT CALLS

Pin to a dugout fence, locker, or gym bag.

SCAN FOR AI COACH





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— *Let's go to work.* —

COACH LEWIS