



A COACH LEWIS POSTER

TOOL
06

The Performance Pyramid

PRE-GAME ORDER

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

From the Apex Six Mental Performance System.

06

The Performance Pyramid

PRE-GAME ORDER

WHEN TO USE

Pre-game when you feel scattered or rushed.

HOW TO RUN IT

1

BODY first — Loosen muscles, dynamic movement, sweat a little.
Loose body, loose mind.

2

BREATH second — 5 box breaths (4-4-4-4). Slow heart rate, sharp focus.

3

BELIEF last — Run your ABC Stack. Identity statement + cue word.
Now you're ready.

TIMING

10–15 minutes pre-performance · In that exact order

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.* —

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