

# wnt mental toolkit

1

enhance human  
performance



2



**mission: play it better than  
we've ever played it before**

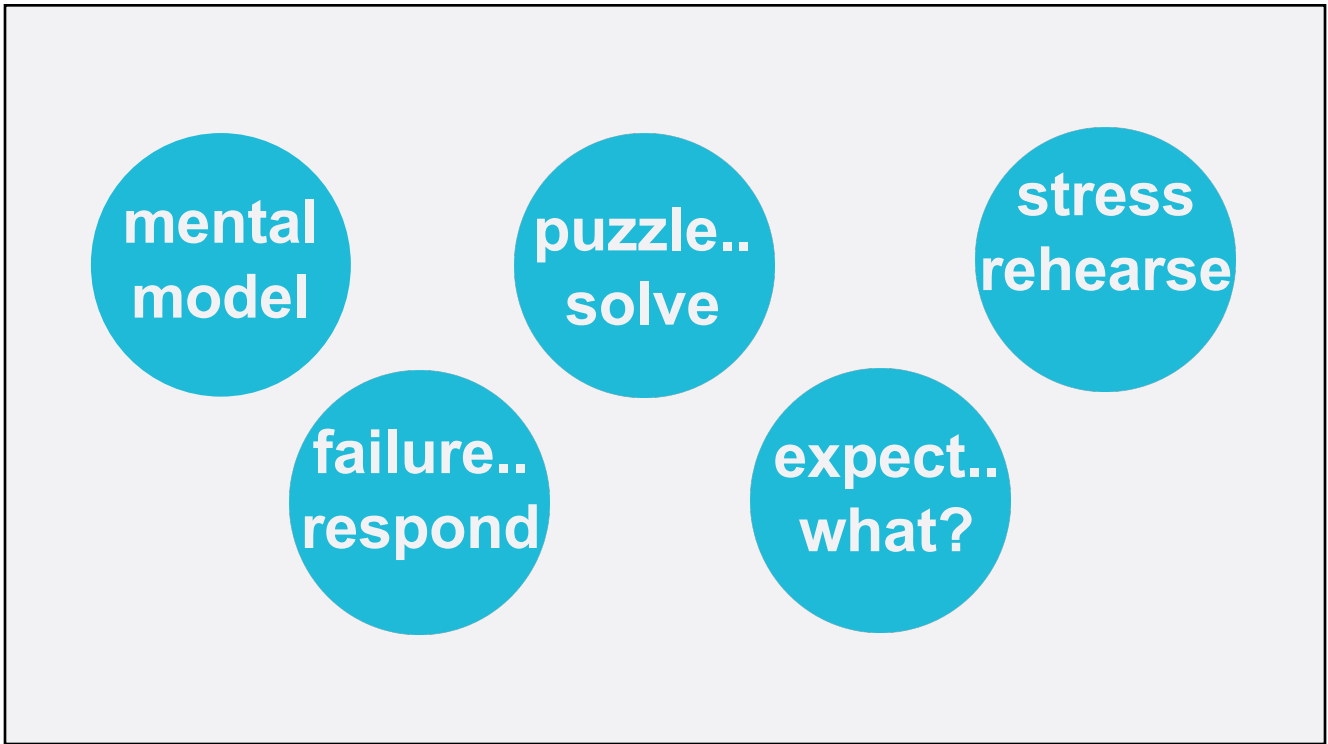
3

world cup  
11: 3-2-0

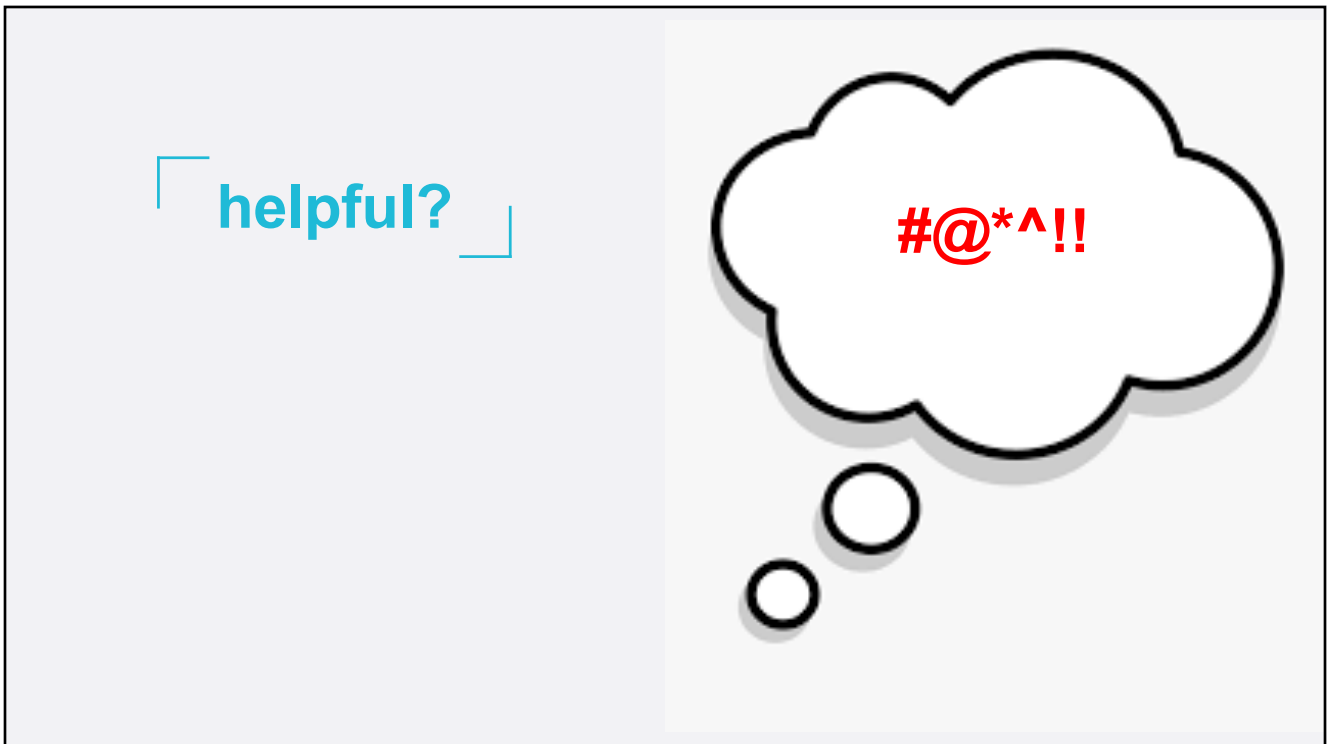
olympics  
11: 2-3-0

w champs  
16: 2-2-1!

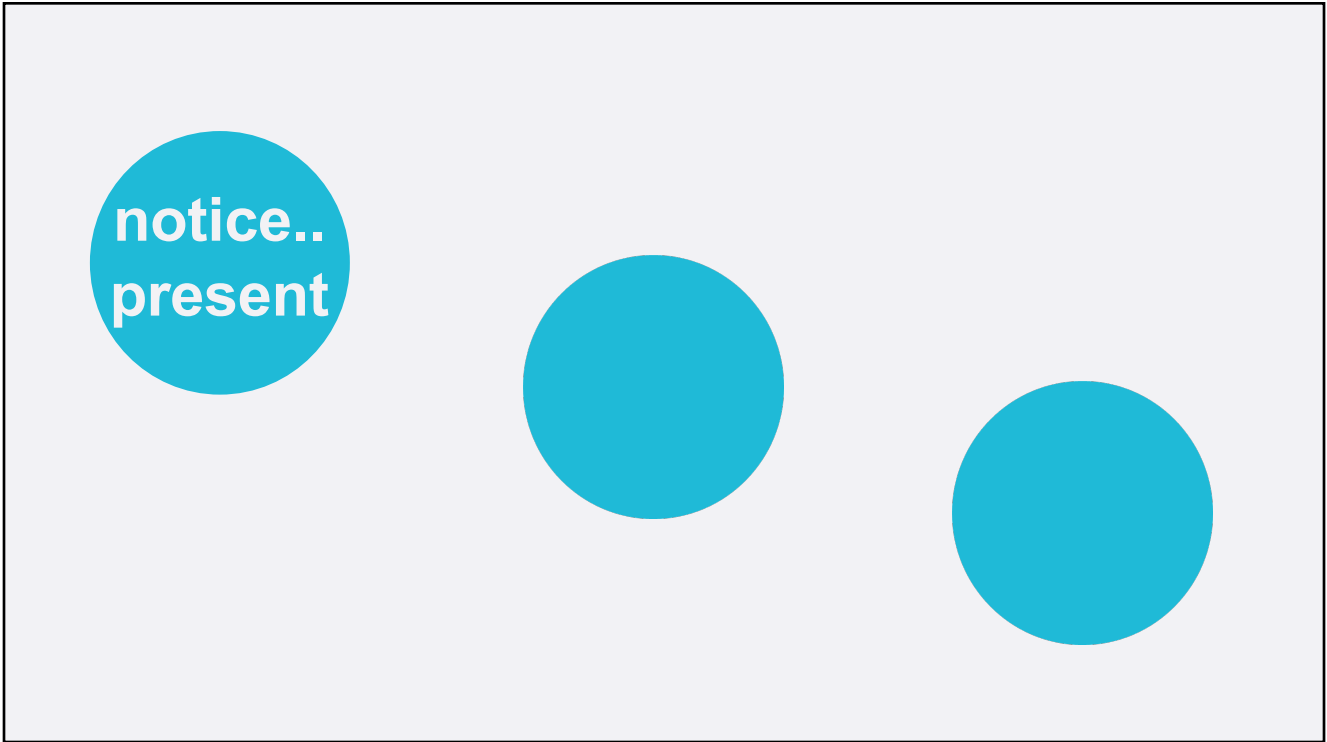
4



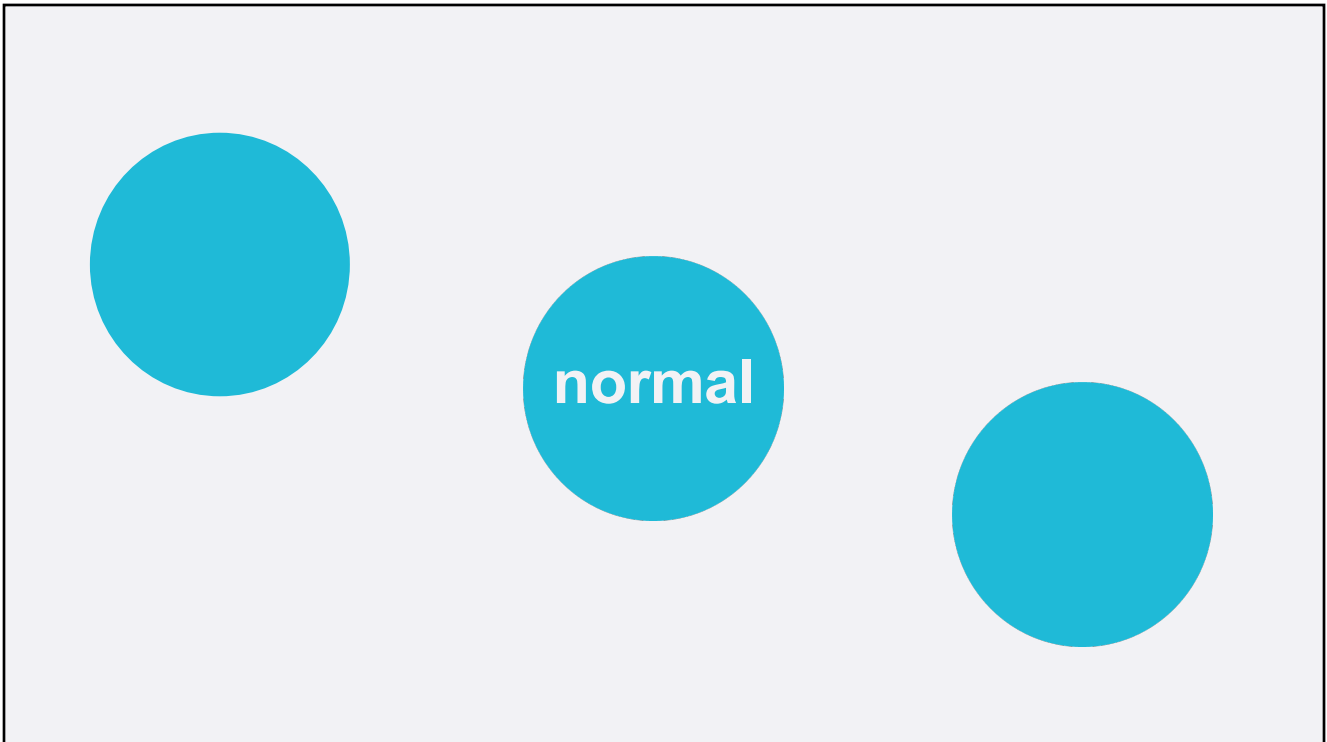
5



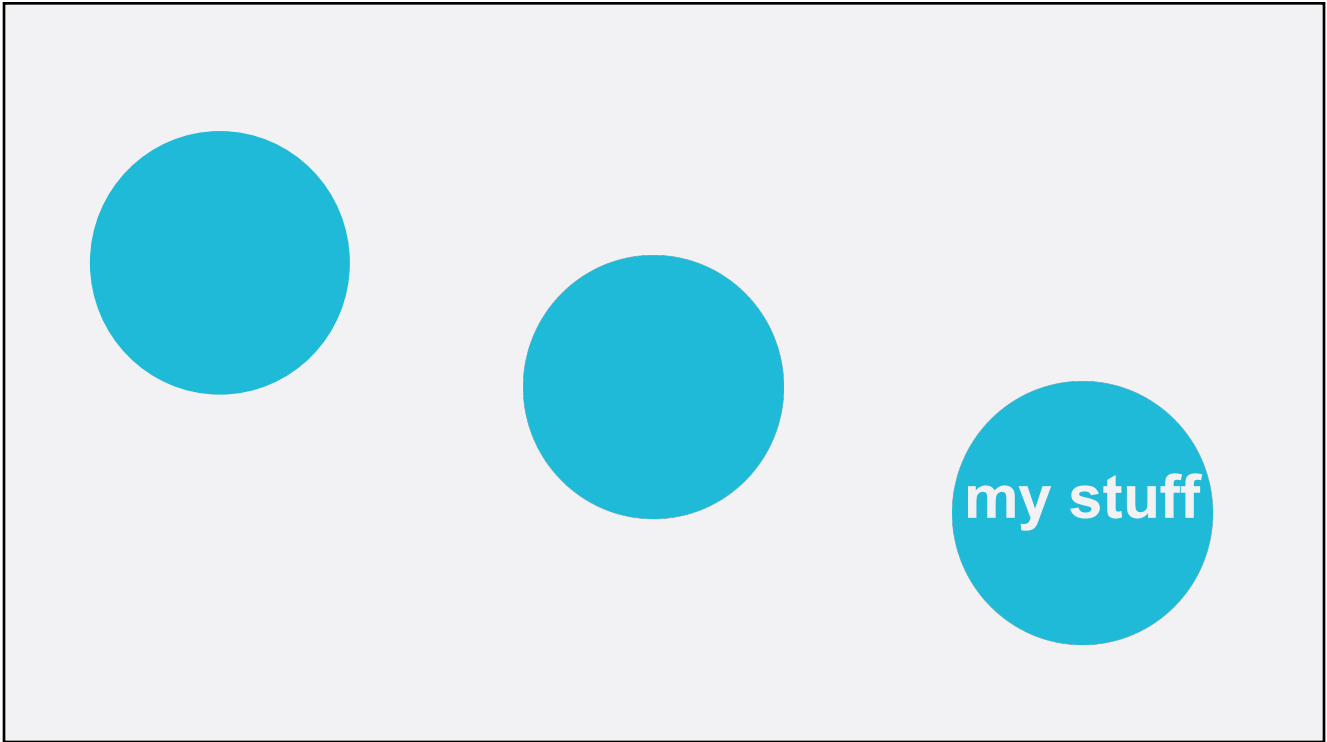
6



7



8



9

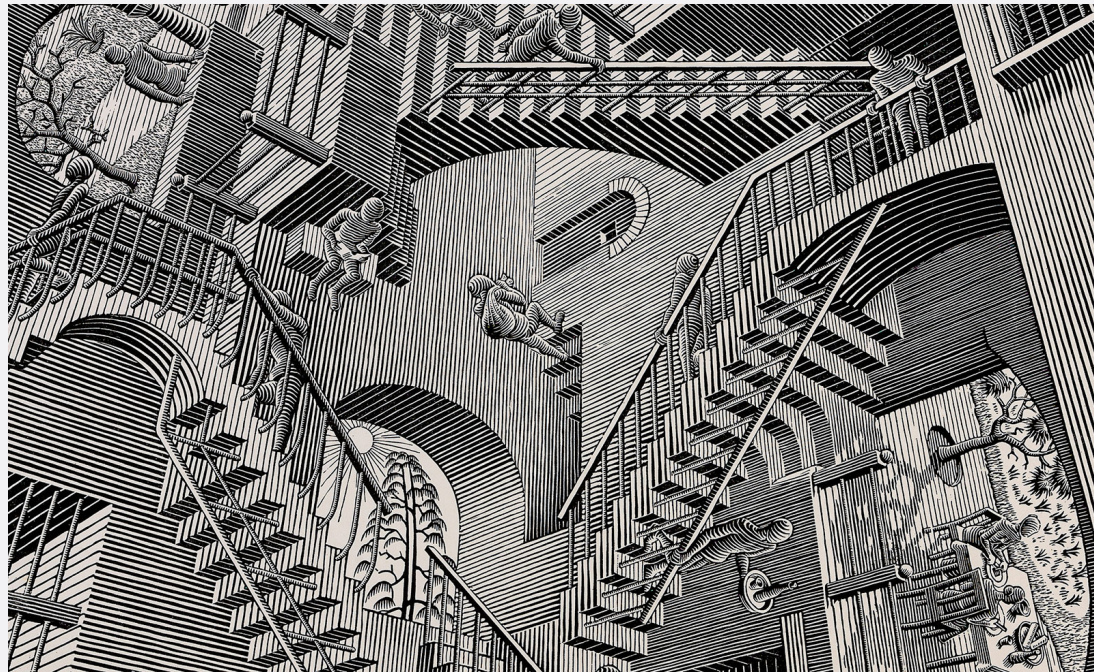


10

training stress



11



can we?

12



**failure.**  
**argh!**  
**back to work!**

13

**expectations**

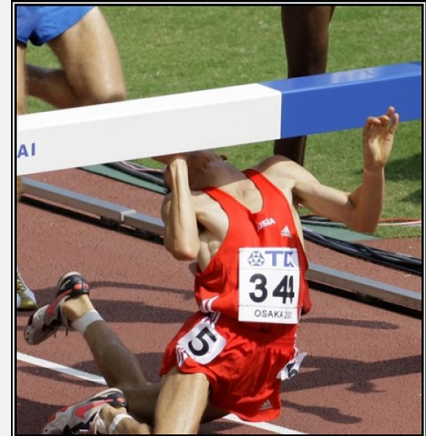


14



1) difficult

2) parts will go badly

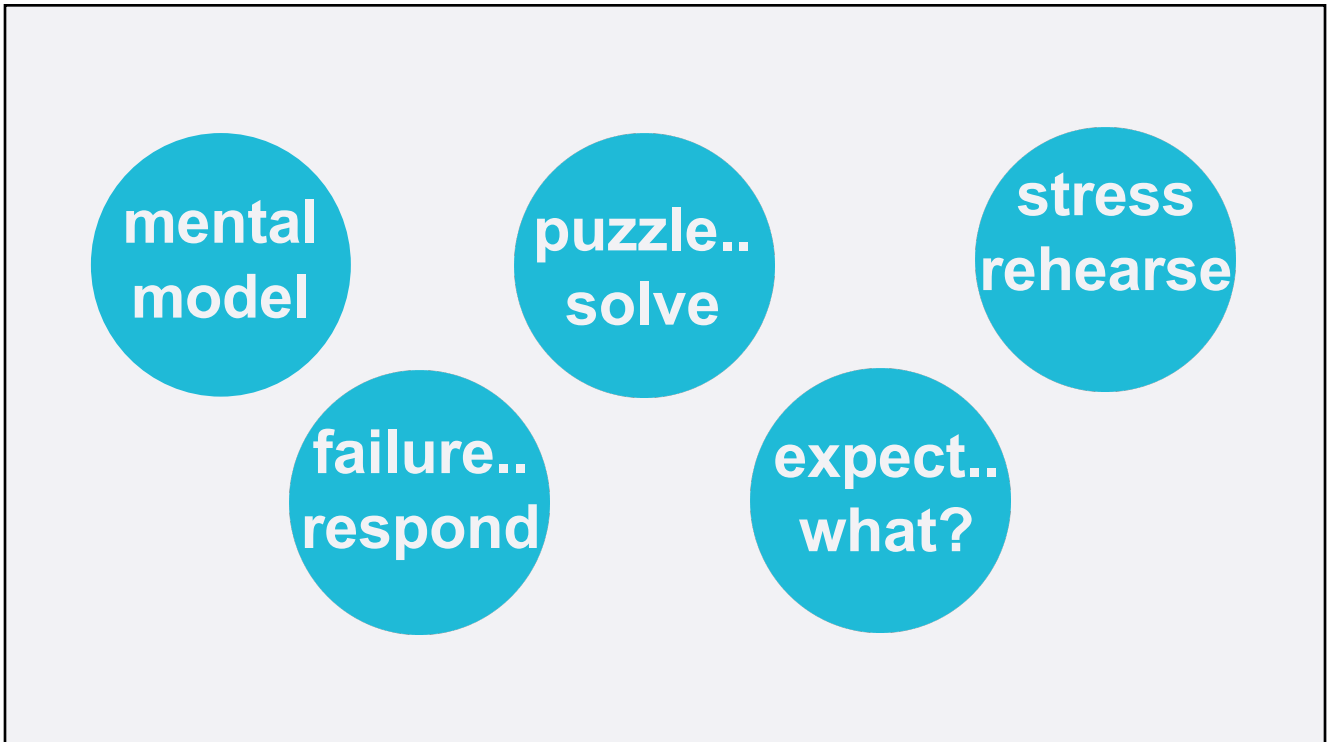


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mental toolkit

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