



SHOW ME YOU MEAN IT
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PILLAR 05 OF 06 • SOLID MINDSET AND MENTAL TOOLS

JOURNAL

Two kinds of writing, kept separate: a short training log after every session, and one honest reflection a week.

SAME FOR EVERYONE

16 PROMPTS

01

WHY IT MATTERS

Writing is how training turns into learning. There are two kinds, and they do different jobs, so keep them apart.

The **training log** is short and technical. Two to five minutes after every session: what you were working on, what worked, where it broke, what to ask, what to fix. It's how one session feeds the next. The **weekly reflection** is slower and personal: fear, losing, blame, identity, goals, and whatever you read that week. It's self-guided. You get open questions and a follow-up that leads you further down. The reflection you do here is what you'll have ready when you're exhausted, losing, or hearing that the only thing that matters is winning (see [Mindset](#)).

02

THE STANDARD

NON-NEGOTIABLE

- **A training log after every session.** Two to five minutes, the same five lines, on-the-mat only.
- **A short log entry after every competition,** within two days.
- **One weekly reflection.** About 20 to 30 minutes, once a week, twice at most. Mindset, not moves.
- **Keep them separate.** Technique goes in the log. Fear, losing and goals go in the reflection.
- **Paper at night.** No phone in the last hour before bed.
- **It's yours.** I won't read it.

This is one standard for everyone. Going Pro doesn't mean more writing: more than once or twice a week eats into school, recovery and sleep. The only Pro difference is support: a sports psychologist (see [Mindset](#)) may set their own exercises. I might ask whether you're writing. I won't be checking or following up beyond that, so this one is on you.

03

HOW TO DO IT

STEP 01

LOG EVERY SESSION IN TWO TO FIVE MINUTES

Straight after training, in the car or on the bus, while it's fresh. Same five lines every time, so it takes minutes and you never have to think about what to write. Keep it on the mat: positions, grips, decisions, questions.

TRAINING LOG

AFTER EVERY SESSION

TODAY'S FOCUS

From your plan. On a filmed day, add how many times you actually tried it.

ONE THING THAT WORKED

WHERE IT BROKE DOWN, AND WHY

Where exactly, and why you think it did.

ONE QUESTION FOR MY COACH

Short and specific, asked in class (see [Communication](#)).

THE ONE THING TO FIX NEXT SESSION

Only one.

The same five lines work for footage. When you review a recorded round (see [Technical Empowerment](#)), the review goes straight into your log. Footage is for your own review: I don't watch recordings, so turn what you see into one question for class.

NOT THIS

"Today I went to Jiu-Jitsu. I did the single leg. It didn't work. Did some rounds. Pretty tired."

That's a diary. Nothing was learned, nothing will change.

THIS

Focus: single leg, six attempts. **Worked:** finished once, when I got my head inside first.

Broke: every miss I shot from too far away, because I'm worried about the guillotine.

Question: how do I defend the guillotine from the single? **Fix:** head inside before I shoot.

If the same worry keeps showing up in your log, that's a good topic for your weekly reflection.

Tip: keep a small notebook in your mat bag, or use your phone's notes straight after training. At night, write on paper, because the phone stays out of your last hour. Want it on paper for the week? Print the [training log sheet](#).

STEP 02

ADD A SHORT ENTRY AFTER EVERY COMPETITION

Win or lose, within two days, while you still remember. It's a log entry, not an essay: the same idea as a session, one block of the season instead of one class.

COMPETITION ENTRY

WITHIN TWO DAYS OF EVERY COMP

COMPETITION AND MATCHES Results, and one line per match.

WHAT I TRIED My plan and focus for the day.

WHAT WORKED

WHERE IT BROKE DOWN, AND WHY

ONE QUESTION FOR MY COACH

THE ONE THING FOR THE NEXT BLOCK

How you felt about the result belongs in your weekly reflection. The debrief questions on [our mindset site](https://mindset.bjjau.com/) (<https://mindset.bjjau.com/>) are a good place to start (see [Competition Day](#)).

STEP 03

WRITE ONE WEEKLY REFLECTION

Once a week, twice at most, about 20 to 30 minutes. Pick a quiet time you can protect, like Sunday afternoon. Your daily reading (see [Mindset](#)) is the input. This is where you work through it. Choose one of two ways in:

- **One prompt.** Pick one from [the prompts](#) below, write 200 words, then answer the go-deeper question.
- **What you read or watched.** Write in response to an idea from this week's reading, or to [the video exercise](#).

PICK Pick a prompt or an idea. Start with whichever one makes you a bit uncomfortable.

WRITE Write 200 words. Paper or a notes app. Don't edit, don't make it pretty. Just answer honestly.

DEEPER Answer the go-deeper question. Another 100 to 200 words. This is the part that matters.

ACT One action. One sentence: what will you do differently this week because of this?

KEEP Keep it. Re-read your reflections once a month and see what's changed.

WEEKLY REFLECTION

WEEK OF _____

PROMPT OR WHAT I READ

Prompt no. ____ or _____

200 WORDS

GO DEEPER

ONE ACTION THIS WEEK

Copy it into a notebook, or print the [weekly reflection sheet](#).

STEP 04

PICK FROM THE PROMPTS

Sixteen prompts across the things that decide how far you go. Do them in any order, one a week. Come back to the same one in a couple of months and see if your answer has changed.

01 • FEAR

WHAT ARE YOU ACTUALLY AFRAID OF WHEN YOU WALK OUT FOR A BIG MATCH?

WRITE 200 WORDS

Be specific. Not "losing". What exactly about losing?

GO DEEPER

If that thing happened, what would it really cost you? And who decided it would cost that much?

02 • LOSING

DESCRIBE YOUR LAST LOSS AS IF YOU WERE THE REFEREE WATCHING IT.

WRITE 200 WORDS

Only what happened. No excuses, no feelings yet.

GO DEEPER

What did that loss teach you that a win never could have? What will you try differently because of it?

03 • BLAME

THINK OF THE LAST TIME YOU BLAMED SOMETHING OUTSIDE YOU: A REF, A PARTNER, THE COACH, THE SCHOOL. MAKE THE CASE FOR IT.

WRITE 200 WORDS

Argue it like a lawyer. Give it your best shot.

GO DEEPER

Now make the case against yourself. Which version is more useful to you, and why did you reach for the other one first?

04 • EFFORT

WHEN DID YOU LAST GIVE A SESSION YOUR ABSOLUTE BEST, START TO FINISH?

WRITE 200 WORDS

What did it feel like? What was different that day?

GO DEEPER

What stops you doing that every session? Be honest. Is it energy, fear, friends, or not caring that day?

05 • IDENTITY

WHO ARE YOU IF YOU NEVER WIN ANOTHER MEDAL?

WRITE 200 WORDS

Describe that person. What do they do, what do they care about?

GO DEEPER

Which parts of that person would you still be proud of? Why do those parts feel less important than a medal right now?

06 • GOALS

WHAT'S YOUR BIG GOAL, AND WHY DO YOU ACTUALLY WANT IT?

WRITE 200 WORDS

Keep asking "why?" until you hit the real reason.

GO DEEPER

If nobody ever found out you achieved it, would you still want it? What does your answer tell you?

07 • TRAINING PARTNERS

WHO'S THE PARTNER YOU AVOID IN ROUNDS? WHY?

WRITE 200 WORDS

What happens when you roll with them? What do you feel?

GO DEEPER

What would you learn if you picked them first, every session, for a month? What's stopping you?

08 • THE COACH

WRITE ABOUT A PIECE OF COACHING YOU DISAGREED WITH.

WRITE 200 WORDS

Explain why you think it was wrong.

GO DEEPER

Now write the strongest argument for the coach's side. What might they be seeing that you can't see yet? Did you try it properly before deciding?

09 • THE PHONE

CHECK YOUR SCREEN TIME FOR YESTERDAY. WRITE THE NUMBER DOWN. HOW DO YOU FEEL ABOUT IT?

WRITE 200 WORDS

What did all that time actually give you?

GO DEEPER

Think of the last time you picked up your phone without a reason. What feeling were you trying to avoid right before you did?

10 • FATIGUE

WRITE DOWN THE WORST THOUGHT YOU HAD THIS WEEK WHEN YOU WERE EXHAUSTED.

WRITE 200 WORDS

Write it exactly how it sounded in your head, and what you nearly did about it.

GO DEEPER

Read it the next morning, after a good sleep. Is it true? What was actually going on?

11 • COMPARISON

WHO DO YOU COMPARE YOURSELF TO? WHAT DOES IT DO TO YOU?

WRITE 200 WORDS

When does it push you, and when does it crush you?

GO DEEPER

Comparison is the thief of joy. If that person didn't exist, what would you be working on right now?

12 • TWO VOICES

WRITE ABOUT A RECENT HARD MOMENT TWICE: ONCE IN YOUR FIXED VOICE, ONCE IN YOUR GROWTH VOICE.

WRITE 200 WORDS

Fixed: "I keep losing, I'm just not good at this." Growth: "It's hard, but I'm learning so much." Use your own words.

GO DEEPER

Which voice has been running your training lately? What would change if the other one took over?

13 • DISCIPLINE

WHAT DID YOU PROMISE YOURSELF THIS WEEK AND NOT DO?

WRITE 200 WORDS

No excuses list. What actually happened, hour by hour?

GO DEEPER

What will you do differently tomorrow, specifically? What time, where, and what will you say to yourself when you don't feel like it?

14 • THE OUTCOME

IMAGINE YOU DID EVERYTHING RIGHT BEFORE A COMP AND STILL LOST IN THE FIRST ROUND. HOW WOULD YOU WANT TO FEEL?

WRITE 200 WORDS

Walk through the day, from waking up to the drive home.

GO DEEPER

What would have to be true for that to still be a good day? How much of that is in your control?

15 • TRYING NEW THINGS

WHEN DID YOU LAST AVOID TRYING SOMETHING NEW BECAUSE YOU MIGHT LOOK BAD?

WRITE 200 WORDS

What was it, who was watching, and what did you do instead?

GO DEEPER

Trying is learning. What would you have learned if you'd tried it? What's it cost you not to?

WHO HELPED YOUR TRAINING THIS MONTH THAT YOU HAVEN'T THANKED?

WRITE 200 WORDS

What did they actually do for you?

GO DEEPER

What have you given back to the team this month? We're not just here for us. Who could you help next week?

STEP 05

OR WRITE ABOUT WHAT YOU READ OR WATCHED

Some weeks, write in response to your reading instead of a prompt. Take one idea from this week's book, write 200 words on where you saw it in your training or your life, then go deeper: where do you disagree with it, and what would change if you lived by it? Or do the video exercise, one I used to do with my athletes.

DO THIS

WATCH, THEN WRITE

1. **Watch** Carol Dweck's talk [The power of believing that you can improve](https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve) (https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve) (about 10 minutes), or any growth versus fixed mindset video your coach sends you.
2. **Write 200 words** answering three questions:
 - Which mindset do you have?
 - Which one do you think is most correct?
 - Why?
3. **Go deeper:** find one moment from training this week that proves your answer, and one that disproves it.
4. **Eight weeks later:** watch it again and answer again. Has anything changed?

COMMON MISTAKES

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- ✗ **Mixing the two.** Moves in the reflection, feelings in the log. Keep the log on the mat, and take the bigger questions to your weekly reflection.
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- ✗ **Writing a diary of moves.** "Did the single leg, didn't work" isn't a log. Where did it break, and why?
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- ✗ **Letting the log grow.** Five lines, five minutes at most. Longer than that and it stops happening.
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- ✗ **Reflecting every day.** Once a week, twice at most. More eats into school, recovery and sleep.
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- ✗ **Stopping at the first answer.** The go-deeper question is where the real stuff is.
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- ✗ **Editing as you go.** Don't make it pretty. Make it honest.
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- ✗ **Writing for an audience.** Nobody else reads it. Say what's actually true.
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- ✗ **No fix at the end.** Every log ends with one thing to fix next session. Every reflection ends with one action.
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- ✗ **Waiting three days to log.** Write it in the car after training while it's fresh.
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- ✗ **Journalling on your phone at night.** Paper, so the phone stays out of your last hour.
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CHECKLIST

DO THIS

AFTER EVERY SESSION

- ☐ Wrote my training log: focus, what worked, where it broke and why, one question, one fix.
- ☐ After a competition: wrote the competition entry within two days.

EVERY WEEK

- ☐ Did one weekly reflection (20 to 30 minutes): a prompt, or what I read or watched.
- ☐ Answered the go-deeper question.
- ☐ Wrote one action, and did it.
- ☐ Took my log questions to my coach.
- ☐ Did the video exercise (week one and week eight).

NOT PROFESSIONAL ADVICE

Journalling is a reflection tool, not therapy. If your writing keeps coming back to low mood, not enjoying things, or thoughts of hurting yourself, talk to a parent and your GP, and use the support services listed on [Mindset](#) (headspace, Kids Helpline, Lifeline).