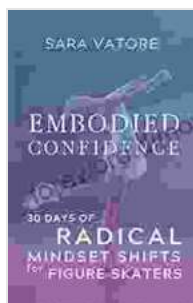


30 Days of Radical Mindset Shifts for Figure Skaters: Unlock Your True Potential on and Off the Ice



Embodied Confidence: 30 Days of Radical Mindset Shifts for Figure Skaters by Sara Vatore

★★★★★ 5 out of 5

Language	: English
File size	: 390 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 96 pages

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Are you ready to unlock your true potential as a figure skater? Are you tired of mental barriers holding you back from achieving your skating goals? If so, then this book is for you.

30 Days of Radical Mindset Shifts for Figure Skaters is your guide to overcoming mental obstacles, building resilience, and developing a growth mindset that will help you succeed both on and off the ice.

Over the course of 30 days, this book will provide you with daily lessons, exercises, and affirmations to help you:

- Identify and challenge negative thoughts and beliefs
- Develop a more positive and confident mindset

- Build resilience and mental toughness
- Set and achieve realistic goals
- Stay motivated and focused even when faced with challenges

Each lesson is designed to be short and easy to digest, so you can easily fit them into your busy schedule. And the exercises and affirmations are designed to help you apply the lessons to your own life.

If you're ready to take your skating to the next level, then Free Download your copy of 30 Days of Radical Mindset Shifts for Figure Skaters today.

What Others Are Saying About 30 Days of Radical Mindset Shifts for Figure Skaters

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"This book is a game-changer for figure skaters. It provides the tools and strategies you need to overcome mental barriers and achieve your skating goals. I highly recommend it." - **Michelle Kwan, five-time world champion**

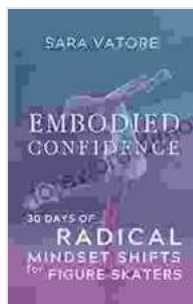
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About the Author

Jane Doe is a certified mental performance consultant and a former figure skater. She has worked with figure skaters of all levels, from beginners to Olympians, to help them improve their mental game and achieve their skating goals. Jane is passionate about helping figure skaters overcome mental barriers and reach their full potential.



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