



**JASON MEDLOCK**  
 MENTAL PERFORMANCE COACH

The Power of Mental  
 Performance Coaching



With years of sports management, mindset performance coaching, and hypnosis expertise, Jason Medlock is dedicated to helping athletes overcome the mental barriers that limit their performance. A respected author, mental game coach, and speaker, Mr. Medlock transforms theory into practice, empowering you to achieve excellence. "Our mission is to elevate athletes' mental game to match their physical prowess, ensuring they can perform their best when it counts the most."

**Start your journey to peak mental performance today!**

**Call us at:**  
 281.309.7106

**Email us at:**  
[info@thementalgameplan.com](mailto:info@thementalgameplan.com)

"Sign up now for our tailored Mental Training packages."

Visit our website at:  
[www.thementalgameplan.com](http://www.thementalgameplan.com).

Discover the extraordinary power of your mind with the RPM Experience™, the ultimate Mental Game Coaching Program. Designed for athletes, coaches, and professionals seeking peak performance, this program goes beyond traditional methods to unlock your true potential by combining Reacting, Pacing, and Motivation.

# The Mental Game Plan Mental Performance Coaching Program

Your journey to peak athletic performance and profound personal growth begins with the RPM Experience™ at The Mental Game Plan. We harness the power of mental game coaching tools to unlock your full potential in competition and life. Discover how our specialized services, centered around the RPM system, are designed to make you better:

## 12 RPM Essentials for Peak Performance

- **Essential #1:** The Power of Self-Awareness - Own Your Past, Present, and Future
- **Essential #2:** The Champion's Mindset - Turn Setbacks Into Setups for Success
- **Essential #3:** Relentless Motivation - Fuel Your Drive Every Single Day
- **Essential #4:** Emotional Control - Stay Cool, Calm, and Focused Under Pressure
- **Essential #5:** Focused Performance - Eliminate Distractions and Lock In
- **Essential #6:** Consistency and Discipline - Show Up Every Day With Intentional Action

- **Essential #7:** Trust the Process - Focus on What You Can Control, Let Go of the Rest
- **Essential #8:** Mental Rehearsal - See It, Believe It, Achieve It
- **Essential #9:** Winning Habits - Build Routines That Set You Up for Success
- **Essential #10:** Time Management Mastery - Take Control of Your Time, Own Your Day
- **Essential #11:** Leadership in Action - Inspire Others While Reaching Your Full Potential
- **Essential #12:** Building a Winning Culture - Create an Environment Where Success Thrives

## The RPM Advantage

These essentials are more than strategies—they're a proven framework for unlocking your peak performance. With RPM, you'll have the tools to overcome challenges, stay focused, and achieve greatness in any area of your life.

## What We Offer

**One-on-One Mental Performance Training Sessions:** These sessions are explicitly tailored to your personal goals and challenges, delving deep into your conscious and subconscious thoughts to instill powerful changes in your mental approach to sports.

## Benefits:

- Deters Social and Environmental Mental Illness
- Enhanced Focus and Concentration
- Accelerated Skill Acquisition
- Improved Confidence
- Effective Stress and Anxiety Management
- Injury Recovery and Pain Management
- Enhanced Motivation and Performance Consistency
- Overcoming Performance Anxiety or 'Choking'
- Development of Mental Toughness
- Long-term Psychological Health



[www.thementalgameplan.com](http://www.thementalgameplan.com)