HEART HAS NO LIMIT

HEART HAS NO LIMIT

HEART HAS NO LIMIT

Optimism

HAS NO LIMIT

PROVE THEM WRONG

DO ANYTHING

STACK THE DECK

/HHNL

CURRICULUM WORKBOOK

THIS WORKBOOK BELONGS TO

DATE STARTED

DATE COMPLETED

SURVEY CODE

WHAT THIS WORKBOOK IS

This workbook is a training manual for one skill: **optimism as performance.**

Not toxic positivity. Not wishful thinking. Optimism is a **trainable mental skill** that elite performers use to see clearly, take responsibility, and make better decisions under pressure.

Three curriculum modules. Thirty days of daily practice. One identity: **I am an optimist.**

MY COMMITMENT

I commit to showing up honestly. I will use this workbook to train my thinking, own my responses, and build the version of me that performs at the highest level.

SIGNATURE

FROM THE FOUNDER

Somewhere between the dream and the doubt, most people quit.

I almost did.

I grew up with one dream — play baseball for LSU. And every year that passed, somebody new lined up to tell me why it wouldn't happen. Too small. Too slow. Not strong enough. The coaches had their charts. The recruiters had their showcases. They looked right past me.

There was one thing none of them could measure. My heart.

I held onto that dream until I was sitting in my parents' kitchen, tears on my face, asking the question I'd been afraid to say out loud: Is it really just because of my size? I didn't know then what I know now — that was the moment that mattered most. Not the wins. Not the awards. That kitchen. That question. That choice to keep going anyway.

I went to Delgado Community College. I outworked everybody. I earned my way to LSU. Led the team in batting average, earned a spot on the SEC all-defensive team, and was asked to wear jersey No. 8 — the number reserved for leadership and work ethic.

I was just trying to be in the lineup. That's all I ever thought about.

Before every at-bat, I reached across my body and touched the tattoo on my left side. Four words, starting at heart level. Heart Has No Limit. A phrase I carried for years before I earned the right to wear it on my skin. The tattoo artist warned me it would hurt. I remember thinking — this is perfect. Everything I had to do to get here, it's actually the perfect fit, having to battle through this to get what I want.

When I retired from baseball in 2023, I couldn't let the story end there. Because I kept thinking about every kid sitting in their own version of that kitchen — crying their own version of that question — who never finds out what happens when they don't quit.

Here's what I've learned: behavior follows identity. And identity follows belief.

When you change what someone believes about themselves — really change it — everything else changes with it. That's not inspiration. That's science. And it's the foundation on which everything we do is built.

Alongside my co-founders, Joel Guthrie & Brendan Hitzman, and a team that has given everything to this mission, we've spent two and a half years building a curriculum designed to meet you in the middle of the doubt and walk with you all the way through it — from stuck to free, from silence to story, from I don't matter to I have a purpose.

No matter where you start — your future has no limit.

You just spent 30 days proving that.

Now own your story.

— Cole Freeman

THE CURRICULUM

→ **MODULE 1** Optimism is a Trainable Performance Skill 9

→ **MODULE 2** Focusing Your Perception & Attention 26

→ **MODULE 3** The ABCDE Method — Before & After Performance 43

30-DAY DAILY JOURNAL

→ **STARTING POINT** Complete your pre-survey here 6

→ **PROGRESS TRACKER** 30-day completion grid 7

→ **DAYS 1–30** Daily check-in + journal spread 11

→ **BONUS SECTION** Tools for When It Gets Hard 79

END OF WORKBOOK

→ **FINAL REFLECTION** 78

→ **CORE TOOLS QUICK REFERENCE** 87

→ **Pessimism and positivism are perspectives.**
Optimism is a skill. You can train it.

HOW TO USE THIS WORKBOOK

This workbook is built to stack skill sets. Each module teaches a tool. Each phase layers it on top of the last. Thirty days later, you've built a system.

1. FILL OUT YOUR PRE-SURVEY

Go to **p.6** and answer the starting point questions. Complete the pre-survey (QR code on that page). This is your baseline — you'll compare against it at Day 21 and at the end.

2. WATCH. PRACTICE. STACK.

For each module, watch the curriculum video, then spend 7 days putting that tool into practice in the daily journal. Each phase stacks what you've already built:

Days 1–7: Module 1 tools only — identity and ownership.
Days 8–14: Add Module 2 — direct your attention.
Days 15–30: Add Module 3 — challenge and replace unhelpful beliefs.

3. REFLECT AND CARRY IT FORWARD

Complete the **Final Reflection** page and take the post-survey. Then keep going. The skills you built over 30 days don't stop here — they compound.

p.7 **Track your progress on the 30-Day Tracker.** Fill in a circle after each completed day. Module Days and your Post-Survey Day are already marked.

→ **The goal: stack tools, stack habits, increase optimism.**
One rep at a time.

YOUR STARTING POINT

PRE-SURVEY — COMPLETE BEFORE DAY 1

Scan the QR code or go to:
hearthasnolimitfoundation.com/optimism-survey-1

Before Day 1, capture who you are right now. You'll look back on this at the end of 30 days — and you'll be surprised how far you've come.

WHEN ADVERSITY HITS, I TYPICALLY RESPOND BY:

THE STORY I MOST OFTEN TELL MYSELF WHEN THINGS GO WRONG:

MY OPTIMISM TODAY (1–10):

WHAT I'M HOPING THIS WORKBOOK DOES FOR ME:

ONE AREA OF MY LIFE I MOST WANT TO THINK DIFFERENTLY ABOUT:

→ **You'll return to this page on Day 30.**
The gap between who you are now and who you'll be then — that gap is built one rep at a time.

30-DAY PROGRESS TRACKER

Track Every Rep

Check the square after completing each day's journal pages.
Every check is a rep. Reps build the skill.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 7
☐	☐	☐	☐	☐	☐

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 14
☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐

DAY 15	DAY 16	DAY 17	DAY 18	DAY 20	DAY 21
☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐

DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 28
☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐

DAY 29	DAY 30
☐	☐
☐	☐
☐	☐

COLOR KEY / LEGEND

☐ OPTIMISM TRAINING ☐ RAS TRAINING ☐ ABCDE TRAINING PRACTICE

Tip: If you miss a day, don't reset the counter. Just pick up where you left off. Progress isn't linear — showing up after a miss is one of the most important reps you can do.

HEART HAS NO LIMIT

OPTIMISM IS A SKILL.

Not a personality.
Not born this way.
Trained.

PROVE THEM WRONG

DO ANYTHING

STACK THE DECK

/HHNL

THE THREE PARADIGMS

WATCH BEFORE JOURNALING

hearthasnolimitfoundation.com/optimism-module-1-video

Watch the Module 1 video before starting Day 1 of your journal.

Most people think optimism means "think positive." It doesn't. There are three different paradigms — only one is a **skill.**

	PESSIMISM	POSITIVISM	OPTIMISM
TYPE	Perspective	Perspective	**Skill**
WHAT IT SEES	Only the bad	Only the good	**All the data — no judgment**
OWNERSHIP	Blame / victim	Ignore problems	**Full responsibility for what's next**
INTERNAL QUESTION	"Why me?"	"Everything's fine!"	**"It's on me. What is next?"**
RESULT	Limits action — deletes data	Limits accuracy — ignores data	**Best next decision**
CAN BE TRAINED?	Reinforced by habit	Reinforced by habit	**Yes. Right now.**

THE KEY INSIGHT

Pessimism and positivism are **learned perspectives** shaped by experience. They filter out data and limit your choices. Optimism is a **trained skill** that uses all available data and takes responsibility for the next step. It is not about how you feel — it is about how you think and act.

→ **Do not trust the process. Work the process.**
Optimism is built rep by rep.

YOUR OPTIMIST IDENTITY

You cannot build optimist habits without first defining what an optimist looks like for *you*. Your Optimist Identity gives you something to return to — a statement that tells you how to respond when adversity hits and you have to choose.

WHAT AN OPTIMIST IDENTITY IS

An Optimist Identity is a single declarative sentence that names how you think and operate at your best. It is not a goal or aspiration — it is a commitment to a way of showing up, regardless of circumstances.

Example: "I am someone who takes full ownership of my results and finds a way forward, no matter what I face."

When adversity hits, you ask: *How would the person in that sentence respond right now?* That question is the tool.

WHAT MAKES IT WORK

Writing it once does nothing. Writing it every day in your journal — and checking whether your actions match it — builds it into automatic response. Repetition is the mechanism. The identity becomes the default.

EXERCISE: WRITE YOUR OPTIMIST IDENTITY

WHAT DOES THE BEST VERSION OF YOU BELIEVE YOU CONTROL?

HOW DOES THAT VERSION OF YOU RESPOND WHEN THINGS GET DIFFICULT?

MY OPTIMIST IDENTITY — WRITE IT IN ONE SENTENCE:

→ **Refer to this page on Day 1.** Write your identity statement in your journal every day — repetition makes it automatic.

Optimism is not a personality. It's a performance skill.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

Write your Optimist Identity in one sentence — use the one you wrote on p.10. Then describe one moment today — real or imagined — where you showed up as that person.

MY OPTIMIST IDENTITY

HOW I APPLY IT TODAY

EVENING

RATE MY DAY 1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

Write freely. Use this space to work through your Optimist Identity and what you're building.

It's on me. What is next?

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

Write: "It's on me. What is next?" — then answer it specifically for today. What situation requires you to take ownership right now?

MY OPTIMIST IDENTITY

HOW I APPLY IT TODAY

EVENING

RATE MY DAY

1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

Write freely. Use this space to work through your Optimist Identity and what you're building.

Do not trust the process — work the process.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

Visualize success today in specific detail. What does it look like? What does it sound like? What does it feel like? Walk through it as if it is already happening.

MY OPTIMIST IDENTITY

HOW I APPLY IT TODAY

EVENING

RATE MY DAY

1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

Write freely. Use this space to work through your Optimist Identity and what you're building.

I look at things as they are and take 100% responsibility.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

Where did you take ownership today instead of reacting emotionally? Describe the moment. What did you choose to do instead of your old pattern?

MY OPTIMIST IDENTITY

HOW I APPLY IT TODAY

EVENING

RATE MY DAY

1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

Write freely. Use this space to work through your Optimist Identity and what you're building.

I am an optimist. It's on me.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

Name one real situation this week where you used "It's on me. What's next?" How did using that response change your next action compared to how you would have responded before?

MY OPTIMIST IDENTITY

HOW I APPLY IT TODAY

EVENING

RATE MY DAY

1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

Write freely. Use this space to work through your Optimist Identity and what you're building.

See things as they are. Take responsibility. Move forward.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

Write your Optimist Identity in one sentence. Then describe one moment from today where you lived it. If you didn't, what would it have looked like if you had?

MY OPTIMIST IDENTITY

HOW I APPLY IT TODAY

EVENING

RATE MY DAY

1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

Write freely. Use this space to work through your Optimist Identity and what you're building.

Optimism is not a personality. It's a performance skill.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

What new possibility opened up this week because you chose ownership over reaction? What did that response make possible that the old pattern would have closed off?

MY OPTIMIST IDENTITY

HOW I APPLY IT TODAY

EVENING

RATE MY DAY

1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

Write freely. Use this space to work through your Optimist Identity and what you're building.

CURRICULUM • MODULE 02

YOU FIND WHAT YOU LOOK FOR.

We don't see the world as it is.
We see it as we are.
—Anaïs Nin

PROVE THEM WRONG

STACK THE DECK

/HHNL

YOUR BRAIN'S FILTER SYSTEM

WATCH BEFORE JOURNALING

hearthasnolimitfoundation.com/optimism-module-2-video

Watch the Module 2 video before starting Day 8 of your journal.

Have you ever noticed that when you wake up in a bad mood, everyone seems rude and annoying — but when you're feeling great, everyone seems friendly? That's not coincidence. That's your brain's filter.

THE RETICULAR ACTIVATING SYSTEM (RAS)

Your brain receives **millions of signals per second** and must filter most of them out. The RAS decides what gets through based on what you're focused on. It's why you notice a car everywhere after buying one, or hear your name across a loud room.

Reality → Your brain's filter → What you actually see and experience.

You do not see the world as it is. You see it *as you are.* Your beliefs, stories, and current focus all act as lenses — like blue-blocker glasses that change the color of everything.

WHAT THIS MEANS FOR YOUR PERFORMANCE

Your brain finds what it looks for. **What you focus on expands.** If you look for evidence that you're going to fail, your brain will find it. If you look for evidence that you're becoming an elite performer, your brain will find that too.

Neither is "more realistic." You're just choosing which filter to use. Optimism means choosing deliberately.

WHAT AM I LOOKING FOR RIGHT NOW — AND WHAT DOES THAT MEAN I FIND?

LOOK FOR WHAT HELPS YOU WIN

TOOL: DIRECT YOUR RAS

Ask yourself these questions and actually imagine the answer — see it, hear it, feel it:

· What are my options right now?
· What is the most useful thing I could think right now?
· What is the most beneficial way to look at this — for me, my team, my family?
· What new possibility does this situation open for me?

TOOL: REFRAME ADVERSITY

Do not judge an event as good or bad in the moment. Ask: **What does this mean for my development?**

Hardship and adversity are the resistance exercises you need to grow. We hate hardships because we assign meaning to them instantly — usually the wrong meaning. Adversity clarifies your choices and proves your skill. **Use it.**

EXERCISE: SET YOUR RAS FOR THE WEEK

3 THINGS I'M LOOKING FOR THIS WEEK THAT WILL HELP ME PERFORM:

1. _____
2. _____
3. _____

ONE ADVERSITY I CAN REFRAME AS RESISTANCE TRAINING:

_____

_____

What we focus on expands.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

Complete the "Set Your RAS for the Week" exercise on p.27 first. Then answer: What are the three things you will look for this week that will help you perform at your best? Write them here and commit to finding them.

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

REFRAME — ANYTHING I COULD SEE DIFFERENTLY?

EVENING

RATE MY DAY

1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

Write freely. What did your RAS find today? What would you reframe if you could go back?

What we focus on expands.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

What are you specifically looking for today that will help you perform at your best? Name it before you compete, practice, or work — then report back tonight on whether your brain found it.

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

REFRAME — ANYTHING I COULD SEE DIFFERENTLY?

EVENING

RATE MY DAY

1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

Write freely. What did your RAS find today? What would you reframe if you could go back?

Do not judge the event as good or bad — use it.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

What adversity showed up this week? Describe it clearly. How is this resistance training? What is it developing in you?

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

REFRAME — ANYTHING I COULD SEE DIFFERENTLY?

EVENING

RATE MY DAY

1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

Write freely. What did your RAS find today? What would you reframe if you could go back?

You find what you look for. Look for success.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

Use both tools today. First: "It's on me. What's next?" Second: "What am I looking for right now that will help me perform?" Apply both to one real situation you are facing. Write out how each one changes your thinking.

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

REFRAME — ANYTHING I COULD SEE DIFFERENTLY?

EVENING

RATE MY DAY

1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

Write freely. What did your RAS find today? What would you reframe if you could go back?

We don't see the world as it is, we see it as we are. – Anaïs Nin

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

What is the most useful way to look at your biggest challenge today? Not the most positive — the most useful. What does seeing it through that lens make possible?

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

REFRAME — ANYTHING I COULD SEE DIFFERENTLY?

EVENING

RATE MY DAY

1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

Write freely. What did your RAS find today? What would you reframe if you could go back?

What is the most useful thing I could think right now?

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

Where did you catch your brain finding evidence against you this week — evidence that you would fail, that something was wrong, or that you were falling short? What did you redirect your focus toward instead? What did your brain find when you did?

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

REFRAME — ANYTHING I COULD SEE DIFFERENTLY?

EVENING

RATE MY DAY

1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

Write freely. What did your RAS find today? What would you reframe if you could go back?

Every day is a rep. Practice the skill.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

Name one moment this week where you deliberately redirected your focus using what you learned in Module 1 or Module 2. What changed in your response, performance, or mindset because of that redirect?

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

REFRAME — ANYTHING I COULD SEE DIFFERENTLY?

EVENING

RATE MY DAY

1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

Write freely. What did your RAS find today? What would you reframe if you could go back?

CURRICULUM • MODULE 03

BREAK THE SPIRAL.

Review your thoughts.
Test them for accuracy.
Choose better ones.

/HHNL

ABCDE: BREAK THE SPIRAL

WATCH BEFORE JOURNALING

hearthasnolimitfoundation.com/optimism-module-3-video

Watch the Module 3 video before starting Day 15 of your journal.

When a thought or emotion feels overwhelming and automatic — almost like it's running you — use the ABCDE method to break it apart, test it, and build a better response.

A ADVERSITY

What actually happened? Facts only — not your story.

Separate the event from your interpretation. What are the observable facts?

B BELIEF

What story did your brain automatically tell you?

Watch for the three traps:

- ☐ **Permanent —** "This always/never happens to me."
- ☐ **Pervasive —** "This ruins everything / affects every area."
- ☐ **Personal —** "It's all my fault. I am the problem."

C CONSEQUENCE

What does that belief produce in you?

Beliefs drive emotions, physiology, and behavior. Unhelpful beliefs produce unhelpful performance.

> Normally: **Event → Belief → Emotion → Reaction.** No gap. No choice. ABCDE creates a gap between the belief and the response — and in that gap lives your power.

→ CONTINUE ON NEXT PAGE: D & E

ABCDE: DISPUTE & ENERGIZE

CONTINUED FROM PREVIOUS PAGE

D DISPUTE

Challenge the belief like a lawyer — look for accuracy, not just positivity.

Evidence: Are there facts that contradict this belief? What am I ignoring?

Alternatives: What else could explain this? What would a neutral observer say?

Implications: What is the real impact — in 1 week, 1 month, 1 year?

Usefulness: Even if this belief is true, does it help me perform? What belief would?

E ENERGIZED RESPONSE

Shift the energy, emotion, and behavior.

Now that you've examined the belief and found a more accurate one, what do you do? What is the next action?

EXAMPLE — MISSED FREE THROWS

A I missed two free throws in a row.

B **"I always choke. I can't be trusted late in games."**

C Anxiety spikes, shoulders tense, avoids the ball, plays smaller.

D **Evidence:** Do I always choke? I've made clutch shots. **Alt:** I was fatigued; my routine got rushed. **Use:** The "I choke" story makes me passive — that's the real problem.

E **"I missed. I reset my routine. Next rep is independent."** → Take the ball. Return to form.

PRACTICE YOUR ABCDE

Identify a real situation where adversity hit and you didn't respond the way you wanted to. Work through it using the full ABCDE method below.

A ADVERSITY

What actually happened? Facts only.

B BELIEF

What story did your brain tell you?

- [ ] Permanent — "This always/never..."
- [ ] Pervasive — "This ruins everything..."
- [ ] Personal — "It's all my fault..."

C CONSEQUENCE

Emotion / Behavior / Performance impact

D DISPUTE

Challenge it. Evidence? Alternatives? Real impact? Useful?

E ENERGIZED RESPONSE

New belief + next action

My best belief leads to my next best action.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

Complete the "Practice Your ABCDE" exercise on p.45 first. Then answer: Name one belief that showed up for you this week. Walk it through A → B → C → D → E right here.

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

A — ADVERSITY

B — BELIEF

C — CONSEQUENCE

D — DISPUTE

E — ENERGIZATION

EVENING

RATE MY DAY 1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

ABCDE reference — p.44

Optimism is not a personality. It's a performance skill.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

ABCDE shortcut — name one thing that hit hard this week. What was the event — facts only (A)? What story did your brain tell you (B)? What did that belief produce (C)? Challenge it (D) — is it 100% accurate? What is a more useful belief and what is your next action (E)?

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

A — ADVERSITY

B — BELIEF

C — CONSEQUENCE

D — DISPUTE

E — ENERGIZATION

EVENING

RATE MY DAY 1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

ABCDE reference — p.44

It's on me. What is next?

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

Name a belief you are holding right now about yourself or your performance. Is it 100% accurate? What evidence contradicts it? What would a neutral observer say? What is a more accurate and useful way to see this?

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

A — ADVERSITY

B — BELIEF

C — CONSEQUENCE

D — DISPUTE

E — ENERGIZATION

EVENING

RATE MY DAY 1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

ABCDE reference — p.44

Do not trust the process — work the process.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

Use all three modules today on one real situation. "It's on me. What's next?" (Module 1) — "What am I looking for right now?" (Module 2) — "What story is my brain telling me and is it accurate?" (Module 3). Write out how each tool shifts your thinking.

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

A — ADVERSITY

B — BELIEF

C — CONSEQUENCE

D — DISPUTE

E — ENERGIZATION

EVENING

RATE MY DAY 1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

ABCDE reference — p.44

What we focus on expands.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

What adversity showed up today or this week? Walk it fully through ABCDE. Do not shortcut it. A: facts only. B: your automatic story. C: what that belief produced. D: challenge it from four angles — evidence, alternatives, implications, usefulness. E: your new belief and next action.

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

A — ADVERSITY

B — BELIEF

C — CONSEQUENCE

D — DISPUTE

E — ENERGIZATION

EVENING

RATE MY DAY 1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

ABCDE reference — p.44

We don't see the world as it is, we see it as we are. – Anaïs Nin

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

What is the most useful way to look at your biggest challenge today? Now find the advantage in it. What does your RAS find when you direct it toward opportunity instead of the problem?

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

A — ADVERSITY

B — BELIEF

C — CONSEQUENCE

D — DISPUTE

E — ENERGIZATION

EVENING

RATE MY DAY 1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

ABCDE reference — p.44

POST-SURVEY — COMPLETE TODAY

Scan the QR code or go to:
hearthasnolimitfoundation.com/optimism-survey-2

Adversity is the resistance exercise we need to grow.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

Full check-in: Name one thing from each module you used this week. Then name what changed in how you think compared to Day 1. This is your evidence.

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

A — ADVERSITY

B — BELIEF

C — CONSEQUENCE

D — DISPUTE

E — ENERGIZATION

EVENING

RATE MY DAY 1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

ABCDE reference — p.44

I look at things as they are and take 100% responsibility.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

Write: "It's on me. What is next?" — then answer it for today. You have done this before. Notice how your answer now compares to how you would have answered on Day 2. What changed?

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

A — ADVERSITY

B — BELIEF

C — CONSEQUENCE

D — DISPUTE

E — ENERGIZATION

EVENING

RATE MY DAY 1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

ABCDE reference — p.44

Pessimism and positivism are perspectives. Optimism is a skill.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

Name a belief that showed up this week. Is it 100% accurate? Write a more useful story. Then name the next action that story makes possible.

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

A — ADVERSITY

B — BELIEF

C — CONSEQUENCE

D — DISPUTE

E — ENERGIZATION

EVENING

RATE MY DAY 1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

ABCDE reference — p.44

What is the most useful thing I could think right now?

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

Adversity check: what challenge showed up? Walk it through ABCDE. Focus especially on the Dispute step — challenge it like a lawyer looking for every angle.

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

A — ADVERSITY

B — BELIEF

C — CONSEQUENCE

D — DISPUTE

E — ENERGIZATION

EVENING

RATE MY DAY 1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

ABCDE reference — p.44

Do not judge the event as good or bad — use it.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

What are you looking for today that will expand your performance? Direct your RAS before you begin. Name three specific things your brain will find evidence for today.

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

A — ADVERSITY

B — BELIEF

C — CONSEQUENCE

D — DISPUTE

E — ENERGIZATION

EVENING

RATE MY DAY 1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

ABCDE reference — p.44

You find what you look for. Look for success.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

Visualize success in full detail — specific situation, specific performance, specific outcome. Then name one action you will take today that is directly aligned with that vision.

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

A — ADVERSITY

B — BELIEF

C — CONSEQUENCE

D — DISPUTE

E — ENERGIZATION

EVENING

RATE MY DAY 1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

ABCDE reference — p.44

I am an optimist. It's on me.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

What is the most useful way to look at your biggest challenge today? How does your answer now compare to how you would have framed this three weeks ago?

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

A — ADVERSITY

B — BELIEF

C — CONSEQUENCE

D — DISPUTE

E — ENERGIZATION

EVENING

RATE MY DAY 1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

ABCDE reference — p.44

See things as they are. Take responsibility. Move forward.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

Name one belief that showed up this week. Walk it through A → B → C → D → E in full. Do not summarize — write the full process. This is a full rep.

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

A — ADVERSITY

B — BELIEF

C — CONSEQUENCE

D — DISPUTE

E — ENERGIZATION

EVENING

RATE MY DAY 1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

ABCDE reference — p.44

Every day is a rep. Practice the skill.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

Where did you take ownership this week that you would not have before this program? Describe the moment specifically. What did the old pattern look like? What did the new pattern look like? What did ownership make possible?

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

A — ADVERSITY

B — BELIEF

C — CONSEQUENCE

D — DISPUTE

E — ENERGIZATION

EVENING

RATE MY DAY 1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

ABCDE reference — p.44

My best belief leads to my next best action.

MORNING

I'M GRATEFUL FOR

MY OPTIMIST FOCUS TODAY

WORKSHOP MY THOUGHTS

Final rep. Return to your Starting Point page (p.6) right now. Read what you wrote before Day 1. Then answer: What changed in how you think? What tool do you use most naturally now? What will you keep doing? Write your final answer to this: "I am an optimist. It's on me. What's next?"

MY OPTIMIST IDENTITY

WORKSHOP MY RAS — WHAT AM I LOOKING FOR?

A — ADVERSITY

B — BELIEF

C — CONSEQUENCE

D — DISPUTE

E — ENERGIZATION

EVENING

RATE MY DAY 1 2 3 4 5 6 7 8 9 10

ONE WIN TODAY

ABCDE reference — p.44

FINAL REFLECTION

You made it through 30 days. That is not nothing. Before you answer these questions, go back to p.6 and read what you wrote before Day 1. Use that as your reference.

30 DAYS AGO, HOW DID I HANDLE ADVERSITY?

HOW DO I HANDLE IT NOW?

THE MOMENT IN THIS WORKBOOK THAT SHIFTED SOMETHING FOR ME:

THE BELIEF I FINALLY LET GO OF:

THE BELIEF I CHOSE INSTEAD:

→ **Optimism is not a destination. It is a daily practice.**
You've done 30 reps. Keep going.

BONUS SECTION

TOOLS FOR WHEN IT GETS HARD

The curriculum gives you the foundation. This section gives you the tools for when life gets real — adversity hits, you lose clarity, or your mindset starts working against you.

→ **FIND YOUR SITUATION. WORK THE QUESTIONS.**

/HHNL

SITUATION 01 — WHEN IT GETS HARD

Something Difficult or Adverse Just Happened

START HERE

WHAT NEW OPPORTUNITY DOES THIS UNLOCK FOR ME THAT WAS NOT AVAILABLE BEFORE?

Then identify the thought that's keeping you stuck and **do The Work:**

THE THOUGHT I'M HOLDING RIGHT NOW

1. IS IT TRUE?

2. CAN YOU ABSOLUTELY KNOW THAT IT'S TRUE?

3. HOW DO YOU REACT — WHAT HAPPENS — WHEN YOU BELIEVE THAT THOUGHT?

4. WHO WOULD YOU BE WITHOUT THAT THOUGHT?

THE TURNAROUND — WRITE THE OPPOSITE OF YOUR ORIGINAL THOUGHT. IS IT JUST AS TRUE — OR MORE TRUE?

SITUATION 02 — WHEN I FEEL STUCK

I Feel Stuck or I Can't See the Next Step

Work through these in order:

1. WHAT IS THE EASY, OBVIOUS THING RIGHT IN FRONT OF ME — THE SOLUTION ALREADY IN MY HAND THAT I CAN USE RIGHT NOW?

2. WHAT INFORMATION AM I MISSING THAT COULD GET ME THROUGH THIS, OUT OF THIS, OR TO THE NEXT LEVEL?

3. WHAT IS A MORE HELPFUL STORY I CAN TELL MYSELF ABOUT THIS SITUATION?

4. WHAT ADVICE WOULD I GIVE A CLOSE FRIEND IF THEY CAME TO ME WITH THIS EXACT PROBLEM?

(Step outside yourself. Pretend it's their problem — not yours. What do you tell them?)

SITUATION 03 — REFRAMING TOOL

I Feel Confused, Insecure, or I'm Comparing Myself to Others

Start with the most important question:

WHAT ARE MY OPTIONS? WRITE EVERY OPTION AVAILABLE RIGHT NOW — BIG OR SMALL.

WHAT IS THE MOST USEFUL THING I COULD THINK RIGHT NOW?

WHAT IS THE MOST BENEFICIAL WAY FOR ME TO LOOK AT THIS — FOR MY TEAMMATES, MY FAMILY, MY COMMUNITY?

REFRAMING TOOL — USE ANYTIME

Catch yourself saying *"I have to..."* and flip it.

I have to		→ **I get to**	
I have to		→ **I get to**	
I have to		→ **I get to**	

"Pressure is a privilege." — Russell Wilson

There are people who wish they could be in your position right now. You get to be here. Own it.

SITUATION 04 — WHEN I FEEL COMPARISON

I Feel Comparison

> **THE COMPARISON REFRAME**
>
> If I feel comparison it means this person has proof that my goals are possible. I notice them because my brain is finding inspiration. This is encouraging. I do not compare myself to them because I don't have all the data. Comparison does not help me perform better. **I compare myself to me yesterday.** Every day I am becoming a better version of myself.

WHEN I FEEL LIKE COMPARING, WHAT ADMIRABLE TRAITS DO I NOTICE ABOUT THEM?

IN WHAT WAYS ARE THEY INSPIRING ME?

HOW DO I ALREADY SEE THOSE ATTRIBUTES IN MYSELF AS I AM GETTING BETTER EACH DAY?

WHAT 1 PIECE OF ADVICE WOULD MY FUTURE SELF TELL ME RIGHT NOW?

NOTES

NOTES

NOTES

YOUR CORE TOOLS

THE IDENTITY STATEMENT

"I am an optimist. I look at things as they are and take 100% responsibility to make the next decision and move forward."

The phrase: **It's on me. What is next?**

OWNERSHIP FILTER

Every situation falls into: **In My Control · In My Influence · Outside My Control.** Keep your attention where action is possible.

ABCDE QUICK REFERENCE

A — Adversity: What actually happened? (Facts only.)
B — Belief: What story did your brain tell? (Permanent? Pervasive? Personal?)
C — Consequence: What does that belief produce in you?
D — Dispute: Evidence? Alternatives? Real impact? Useful?
E — Energized Response: New belief + next action.

RAS DIRECTION

You find what you look for. Each morning, ask: **What am I looking for today that will help me perform?** Name it. Your brain will find it.

ADVERSITY REFRAME

Do not judge the event as good or bad. Ask: **What does this open for me? How can I use this as resistance training?**

→ **Optimism has no limit.** Keep going.

ABOUT HEART HAS NO LIMIT

HEART HAS NO LIMIT

Heart Has No Limit is a nonprofit foundation built on one belief: optimism is a trainable skill — and when young people learn to own their mindset, everything changes.

We develop curriculum, programs, and tools that teach athletes, students, and communities how to think like optimists — not as a personality trait, but as a daily practice. This workbook is one of them.

The mission is simple: help people build the mental foundation to show up at their best — in sport, in school, and in life.

optimism

/HHNL

→ **hearthasnolimitfoundation.com**