



Cool. Calm. Connected: Mind to Win Progress Tracker Journal

Dr. Kathrine McAleese

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With room to fill in competition details, record your progress towards your Big Picture Goals (BPG), journal your experience, PLUS inspirational quotes and more, this is an essential tool for all those with a Mind to Win. This beautiful progress tracker supports your positive mindset training and focus, and will encourage you to stay cool, calm and connected to your goals, throughout the season and beyond!

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