

# BRAKE YOUR MENTAL BARRIERS, START BEHAVING LIKE A PRO FOOTBALLER!

The story of a boy who got nervous every time he stepped on the pitch when playing for his local team, to a man who plays semi-pro level football at only 19 years of age!

[PHOTO OF HIM PLAYING]

## Welcome to GoGrindSoccer

Today you'll learn all the methods to increase your technical ability, athleticism, become more confident and be the better version of yourself inside the pitch.

Everyone knows that becoming a top footballer is extremely difficult, the competition is very high, and it is hard to get an opportunity to show yourself to a good club.

SO...

**HOW DO YOU STAND OUT FROM THE CROWD? LEARN ABOUT THE TOP 1%.**

If you want to be a professional footballer you need to reach the top 1% of players.

So you must behave like the top 1%.

**My name is Alex Diaz. I'm a 19-year-old Semi-Professional Player at Boston Street Soccer FC from Boston Massachusetts.**

**I was always considered "one of the worst" on my club teams, and I would constantly get harassed and bullied by my other teammates. I struggled throughout my youth, always seen as a bench player by some of my coaches.**

**I'm here to help you become the best version of yourself and show you how I reached a higher level faster.**

## AVATAR

- **Name, age and face.** Japhet 18
- **Background and mini life history.** Kid grew up kicking a ball with his friends. Always played in local clubs. Good player in those.
- **Day-in-the-life.** Wakes up. He likes to train but he has to go to school so he only trains in the club, he arrives early than his teammates
- **Values.**
- Hard Work and discipline. Improvement. Talent isn't enough.
- **Outside forces.**
- His parents are concerned and want him to have a future, study, get a job, etc

### Current State

- **What is painful or frustrating in the current life of my avatar?**
- He's not playing in a top team
- **What annoys them?**
- That no one in the top-tier leagues sees him play although he shows results.
- **What do they fear?**
- They never get the chance to show their skills or never be good enough to be in a professional team
- **What do they lie awake at night worrying about?**
- If all the training and dedication is a waste of time
- **How do other people perceive them?**
- People can perceive him as deluded and not believe in him because it is very hard to become what he wants.
- **What lack of status do they feel?**
- Athlete, professional.
- **What words do THEY use to describe their pains and frustrations?**
- "Wich I could be more confident/stronger/faster/"

### Dream State

- **If they could wave a magic wand at their life and fix everything, what would their life look like?**
- They would play for Real Madrid for example.
- **What enjoyable new experiences would they have?**

- They would play in a full crowded stadium or hear their national anthem on the pitch.

- **How would others perceive them in a positive light?**

- Athlete, Idol.

- **How would they feel about themselves if they made that change?**

- They would feel an extreme feeling of realisation, becoming one of the best players in the world in the most played sport is extremely rare and difficult

- **What words do THEY use to describe their dream outcome?**

- The dream.