

Date: 8/12/23

## Before Match

- Play Music
- Watch Youtube Videos of tennis
- Be prepared
- Search butterfly to Relax

## During Match

- You I Scare them like I act Strong I act Big
- Show them how ~~I~~ <sup>I</sup> am Strongest.
- Ask for point means lay my point.
- Fight for my points

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## Positive Words

I am Tiger

I have Tiger mindset

I am Powerful

I can do this

I am fearless

I am Strong

I Worked hard.

I am Mantis.....

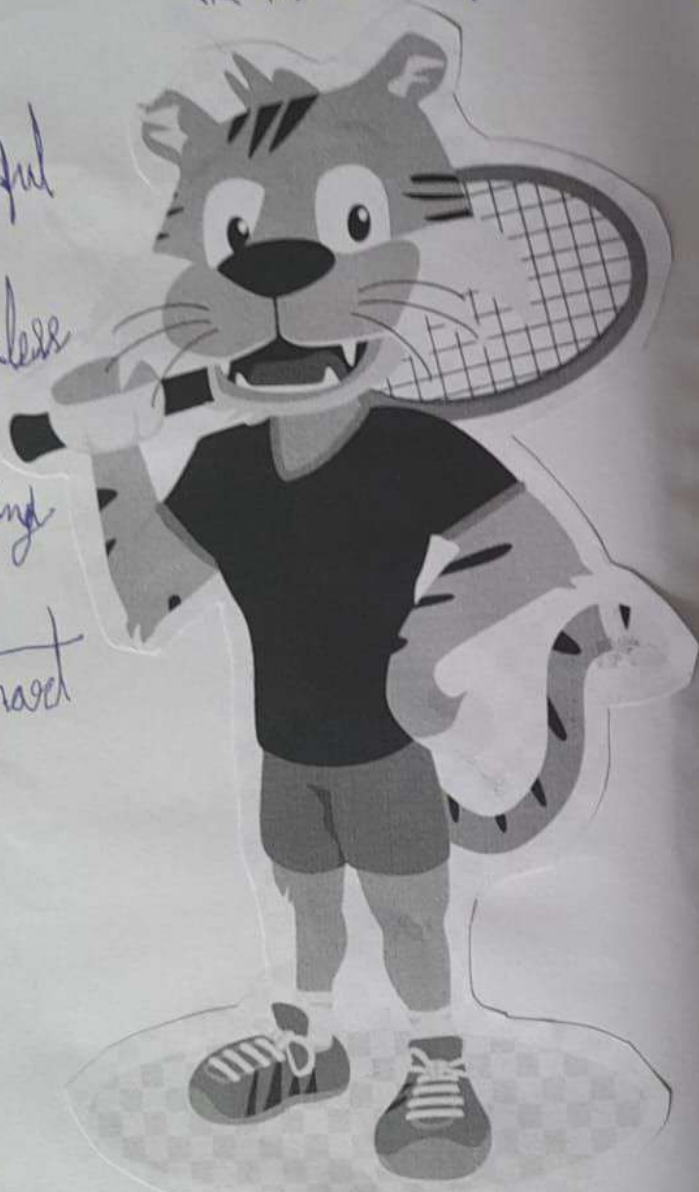
I have a tiger mindset

I am powerful

I am fearless

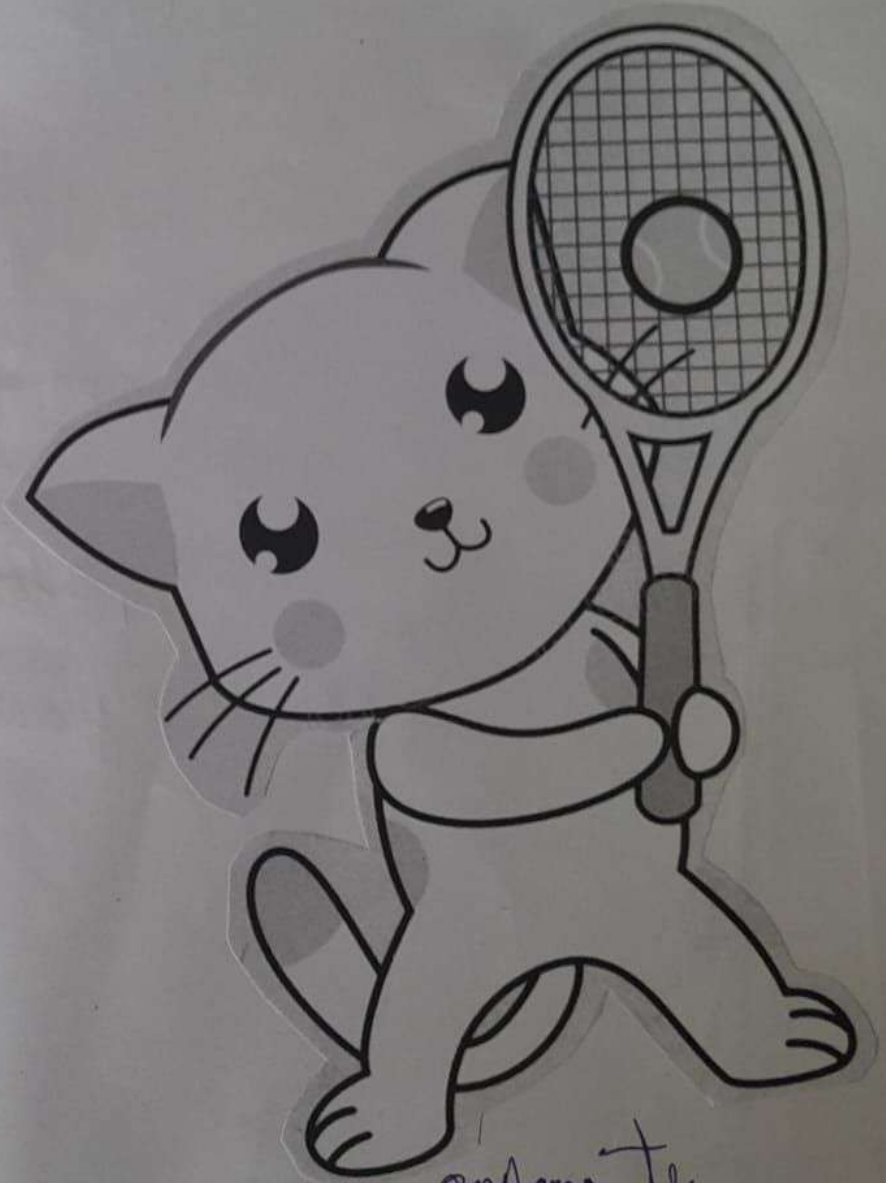
I am a proud  
winner

I am smart



Anshu P

Anshu P



opponent



Date:

### Lesson 2

15/09/23

classmate  
Date \_\_\_\_\_  
Page \_\_\_\_\_

Meditation 5 minute

- Focus

(sad mad bad)

- 26.02 / 25.20

- 26% Target

20/09/23 Lesson 3

Mindset

Attackful

Resilience

Earn

classmate

Lesson 5 01/12/23

Date \_\_\_\_\_  
Page \_\_\_\_\_

I should say my points because I gained one and lost my points

Date: \_\_\_\_\_

## Grit Interviews'

classmate

Date

Page

Father, Mother, Grandparents, Ginosh,  
Karthik Sir

Why are you working hard

for me? (To make me a  
Tennis player or  
No. 1 player)

We want to give you the BEST 😊  
LIFE.

We want you to be happy always.

We want you to be happy always.  
Give your best wherever you do  
Tennis / or Studies we are always  
with you to support and we will  
give you the best life.

classmate

Date

Page

I want to <sup>you</sup> achieve whatever the life throws  
at you " in the fitness which were  
exercises make you to learn I want to  
teach you.

We love you because you  
are full of mischief.  
You are adorable. You  
are full of energy.

We love you because you are  
my darling, caring, adorable  
loving Grandson. 😊 😊 😊

# Dreams

# Goals

To meet the real  
Nadal

To be the World  
NO.1