

Overview of the Mindful Sport Performance Enhancement (MSPE) Protocol

Session	Key concepts	Exercises
Session 1: Building Mindfulness Fundamentals	Defining mindfulness Rationale for MSPE Getting off of automatic pilot	Candy Exercise Diaphragmatic Breathing Sitting Meditation With a Focus on the Breath
Session 2: Strengthening the Muscle of Attention	Overcoming practice obstacles Core performance facilitators Present-moment attention	Body Scan Sitting Meditation With a Focus on the Breath review
Session 3: Stretching the Body's Limits Mindfully	Recognizing the power of expectations The body as a route to awareness	Mindful Yoga Sitting Meditation With a Focus on the Body As a Whole
Session 4: Embracing "What Is" in Stride	Letting go of attachments Acceptance versus resignation	Mindful Yoga review Walking Meditation
Session 5: Embodying the Mindful Performer	Achieving through nonstriving Choice in self-care	Sport Meditation Sitting Meditation With a Focus on the Breath, Body, and Sound
Session 6: Ending the Beginning	Ending MSPE Building an ongoing practice routine	Body Scan review Sport Meditation review