

## My Squash Journal: Track Your Progress in This Professionally Designed Squash Journal Unlike Any You've Seen Before. Doesn't Simply Contain Blank Lines But a Systematic Method of Ensuring Your Progress. Practice



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### **Reviews**

*It is one of the most popular books. I am quite late in starting to read this one, but better than never. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

**(Camille Larson)**

**MY SQUASH JOURNAL: TRACK YOUR PROGRESS IN THIS PROFESSIONALLY DESIGNED SQUASH JOURNAL UNLIKE ANY YOU VE SEEN BEFORE. DOESN T SIMPLY CONTAIN BLANK LINES BUT A SYSTEMATIC METHOD OF ENSURING YOUR PROGRESS. PRACTICE**

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Kaizen Squash! Kaizen is the Japanese philosophy of continuous improvement of working practices, personal efficiency, thought process etc. Kaizen can be applied to practically anything in life including Squash. Finally a Squash journal to track your progress in a systematic way! This journal is designed with kaizen in mind. Continuous improvement in your daily physical practice; pre, during, post tournaments, and improving your mental state at every step. Roughly 150 pages it contains 3 broad categories that are further divided into subcategories. (please see back cover) The focus of this journal is to keep track of your - practice sessions, tournaments, and memories. The practice sessions are further subdivided into - Pre practice goals - these are goals set prior to practice so that you start with a purpose. Post practice evaluation - at the end of your practice you can rank your skill, stamina and assess whether the goals you set out to accomplish prior to practice have been met. Tournaments - Pre match gameplan - writing your thoughts on the process, tactical gameplan etc forces you to enter a tournament with a proper plan. During match gameplan - here you can plan on what your strategy will be during times of Green/Yellow/Red light situations. (see inside to get more details) Post match/tournament evaluation - here you must evaluate whether you played the tournament as per your plan and objectives. Further you can jot down the areas for improvement. Players who track their progress and plan ahead have a better chance of succeeding in their careers and keep negative emotions to a minimum. Lastly the journal has a section to record all your memories, trophies, accomplishments achieved though the year.



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