

The Grind Within Foundation

Mental Performance Resource Library

A curated collection of free, trusted resources for student-athletes.

Mindfulness & Meditation

- Headspace (free content): <https://www.headspace.com>
- Insight Timer: <https://insighttimer.com>
- Smiling Mind: <https://www.smilingmind.com.au>

Mental Health

- Active Minds: <https://www.activeminds.org>
- NAMI: <https://www.nami.org>
- 988 Lifeline: <https://988lifeline.org>

Sports Psychology

- Association for Applied Sport Psychology: <https://appliedsportpsych.org>
- Positive Coaching Alliance: <https://positivecoach.org>

Books

- The Inner Game of Tennis – W. Timothy Gallwey
- Mindset – Carol Dweck
- The Champion's Mind – Jim Afremow

Podcasts

- Finding Mastery with Dr. Michael Gervais
- The Mindset Mentor

A Note from Jonathan

These are resources that helped shape my own journey. My hope is that you find one small habit, one new idea, or one moment of reflection that helps you keep showing up for yourself.