



Your Mental Performance Starter Kit



Reflect on Your Mental Performance



QUESTION 1

When you perform at your best, which animal are you most like? What characteristic does this animal embody and how does that relate to your performance?

QUESTION 2

What do you struggle with when you're not performing at your best?

QUESTION 3

What factors are present when you perform well? What can you do to make sure these factors are present every time you perform?

QUESTION 4

What mental performance attributes can you work on to give yourself the best possible chance to perform well?

Complete this sentence: "I want to be more..."



Remember that reflection is the first step to improving your mental performance!



Practice Self-Talk to Improve Your Confidence



The first step to flip the script on your self-talk is to reflect on the messages you tell yourself every day.

Think about a recent competition or practice that didn't go the way you wanted it to go. Write down all the **negative thoughts** you had during this competition, game, or practice.



Now think about a recent competition or practice that went really well.

Write down all the **positive thoughts** you had during this competition, game, or practice.



Look at how many negative thoughts you had compared to your positive thoughts. Do you notice a difference here? Write down your observations.

How do you think these thoughts impact you, your confidence, and your performance?



Practice Self-Talk to Improve Your Confidence



Now it's time to flip the script with the **Catch - Check - Change** method!

We talk to ourselves negatively so often that we don't even realize it sometimes.



Catch

Be on the lookout for negative thoughts and language. Call out negative words or thoughts as soon as they enter your mind.



Check

Analyze your self-talk. Is it real and rational? Is there any evidence to support this negative thought? Why do you feel this way?



Change

Turn your negative self-talk into a positive phrase.

Give it a try by using a negative thought from the previous exercise as a starting point.

Catch

Write down a negative thought from the previous reflection exercise.



Check

Analyze your self-talk.



Change

Turn your negative self-talk into a positive phrase.



Create Focus Cues To Improve Your Focus

Distraction is a normal part of competition. But you don't have to let distractions impact your performance! You can use **focus cues** to redirect your attention! Focus cues are phrases you can say, things you can look at, and movements you can do to remind yourself to **focus on what is important in the moment.**



Create a verbal focus cue:

Create a **short, positive, and personal** phrase you can say to redirect your attention to what's important.

Example: Next play!



Create a visual focus cue:

Think of something that is easy to find and always present in your competition that you can look at to remind you to focus on what's important in the moment.

Example: Focus on a line on the court in tennis.



Create a physical focus cue:

Think of a **short and simple movement** you can do to redirect your attention to what's important in the moment.

Example: Tap the side of your leg.

Use Breathing Techniques To Improve Your Resilience

Breathing exercises are really helpful for managing feelings of stress and anxiety in the moment, and they have an immediate regulating effect. This means you will feel more relaxed and in control, immediately after completing a breathing exercise.

Practice this box breathing exercise:

- 1 Breathe in through your nose for four counts.
- 2 Hold for four counts.
- 3 Breathe out through your mouth for four counts.
- 4 Hold for four counts.

Repeat this three or four times, focusing only on your breathe. After breathing through a challenging situation, you will be in a better position to think rationally about how you will respond.

