

SELF-TALK PREP

NAME:

DATE:

What you say to yourself can have a huge impact on your ability to get in your optimal performance state and deal with challenges. Take some time now to prepare your self-talk to best support your performance.

Go-To Replacements

What are the physical and mental traits you possess that contribute to your success?

When have you coped with challenges, and been successful in the past?

Physical Traits:

Mental Traits:

Past Experiences: