

GAME DAY

MINDSET SHEET

PREPARE. FOCUS. COMPETE.

DATE: _____ OPPONENT: _____ LOCATION: _____



BEFORE THE GAME

What mindset do I want today?

What can I control?

What energy am I bringing?

What does success look like?

What am I grateful for today?



LOCK IN

CHECK IN. LOCK IN. SHOW UP.

- BREATHE
- STAY FOCUSED
- TRUST MY TRAINING
- NEXT PLAY MENTALITY
- COMPETE WITH CONFIDENCE
- BE A LEADER
- HAVE FUN

I CHOOSE TO BE GREAT TODAY.



VISUALIZATION

VISUALIZE ONE SUCCESSFUL MOMENT TODAY.



CONFIDENCE REMINDER

- I AM PREPARED.
- I BELONG HERE.
- I TRUST MYSELF.
- PRESSURE REVEALS PREPARATION.
- I WILL GIVE MY BEST.
- I AM STRONG, FOCUSED, AND READY.

I've got this.



POSTGAME REFLECTION

ONE THING I DID WELL:

ONE THING I LEARNED:

WHAT I'M PROUD OF:

