

MENTAL TOUGHNESS IS A CHOICE!

Mental Toughness is the ability to reach within and effectively implement skills that allow you to train, compete, or perform to the best of your ability in any situation.

Affirmations/Power Statements

Affirmations are specific, positive phrases that are repeated on a regular basis. They help to build confidence and consistency. An example might be- "I am a strong & confident athlete!"

Cue Words

Cue words are planned words or phrases that relate to specific techniques, actions, or competition strategy. These words serve as a reminder of what you plan to do, as well as to help maintain your concentration during competition.

Deep Breathing

Deep breathing slows your heart rate and sends needed oxygen to your muscles. Proper deep breathing creates a feeling of calm energy and aids in regaining focus.

Goal Setting

Setting personal goals allows you to determine exactly what it is you want to achieve and how you plan to achieve it. Establishing a goal plan will help motivate you, encourage you through tough times, and give more purpose to your workouts and competitions.

Journaling

Charting your progress in a journal, diary, or workout log is fun as well as useful. It serves as a reminder of what you've learned and helps you to keep track of what has not worked well or what has been successful for you in the past.

Positive Self-Talk/Disciplined Thinking

What you say to yourself has a very powerful effect on how you perform. Your thoughts generate a physical response in your body. Positive thoughts generally produce successful actions and performances; negative thinking usually results in hinders your performance.

Pre-Performance Routine/Ritual

A pre-performance routine is a planned activity used to prepare yourself mentally and physically for workout and competition. A well designed routine/ritual closes your mind to outside distraction, helps it to focus on the task ahead, and tells your body it's time to compete.

Relaxation

It's difficult to perform your best when your muscles are overly tense. Learning to identify and relax those muscles will allow you to compete with more control and consistency.

Visualization/Imagery

Visualization is seeing pictures of yourself performing in your mind. Visualizing a skill, play, or outcome provides you with additional practice without actually doing the activity! It's a very powerful mental tool for building confidence and for preparing for competition.

USING THESE SKILLS CAN HELP YOU TO:

Decrease fear, balking, choking, excessive nerves and anxiety, burnout, and boredom
Increase motivation, sense of control, focus, concentration, confidence, fun, joy of competing
Improve the odds for consistency and success
Train smarter instead of longer and harder- which in turn decreases injuries!
Practice life skills that can be used outside of sports

THE MENTAL *EDGE* * *Skills for Enhancing Athletic Performance* *

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