MINDSET / REUSABLE TEMPLATE

Compete with purpose

Season template: choose your approach to pressure and mistakes. Download this page or use the companion: athleteperformancepress.com/journal-pages/

1. Use my coach's cue. Commit to a practiced first action.
2. If I hesitate, use my action cue and attack.
3. After a mistake, reset and return to my next practiced action.
4. Build confidence from actions I can repeat.

MY APPROACH ALL SEASON

When I feel pressure, I...

When I make a mistake, my reset is...

When I hesitate, my action cue is...

A practiced action I trust / What showed me

MY TRUSTED CUE

HOW I RETURN TO MY PLAN

WHAT I CAN CONTROL