

Internal distractions

Self-doubts

External distractions

other athletes

5) What should you focus on when:

a) Your race isn't going according to plan

b) You are waiting for the start

c) You feel very nervous

6) Make a list of things in your sport you can and cannot control.

Can
technique

Cannot
supporters

7) Write down the physical or mental feelings you experience before competing.

Does the symptom affect your performance positively or negatively?

	Symptom	+ve	-ve
Physical	butterflies	✓	✓
<hr/>			
Mental	I don't think I'll do well		✓
<hr/>			

8) Change the following negative thoughts into positive ones.

-ve	+ve
Uff, its so hot today	
I'm so tired	
I'm performing really badly	
He's going to beat me	
I'm feeling sick	
My knee is hurting	
I'm really nervous	

9) List the important things you need to do the night before and the morning of the competition (how you would do them after each other).

10) Realistically what do you hope to achieve at the next competition? Focus on your performance.

11) What would you do if :

a) there's a delay in starting

b) you arrive late

c) you feel sick

d) you have a bad start

e) you have a mental bloke

12) What kind of encouragement do you like to get before and during a competition?

Ex. Prosit, keep up the good work

13) What are your goals for training for the next couple of days?