



How can I practice self-talk?

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| Level 1 | Create a “mindset motto” | <ul style="list-style-type: none">• A mindset motto acts as a trigger to focus• A mindset motto reminds us to be kind to ourselves• “Be great” / “I am strong” / “I am in control” |
| Level 2 | Use your roles during a game | <ul style="list-style-type: none">• Before a game, think about the things you need to do to succeed• Come up with phrases to say to yourself to remind you of these things• “Strong tackles” / “Be creative and dangerous” / “Check and scan” |
| Level 3 | Your morning routine | <ul style="list-style-type: none">• Find a mirror and look yourself in the eye• Give yourself affirmations and prepare yourself for the day• “I will be successful today” / “I can make it a good day” |