

# GAME-READY MINDSET

## PRE-COMPETITION PREPARATION

**DATE:**

**UPCOMING MATCH/COMPETITION:**

**MY ROLE TODAY:**

**PRE GAME RITUALS:** (WHAT HELPS YOU FEEL CALM, FOCUSED, AND READY?)

These are the routines and actions you take before the game to get into the right headspace. Be specific and consistent.

- Music: \_\_\_\_\_
- Breathing Exercises: \_\_\_\_\_
- Warm-up Routine: \_\_\_\_\_
- Visualisation: \_\_\_\_\_

**MENTAL REHEARSAL:** WHAT WILL TODAY LOOK LIKE?

(Visualise specific moments you want to handle well.)

Situation 1: \_\_\_\_\_

→ How I'll respond: \_\_\_\_\_

Situation 2: \_\_\_\_\_

→ How I'll respond: \_\_\_\_\_

**SELF-TALK PLAN** (WHAT WILL YOU SAY TO YOURSELF WHEN PRESSURE HITS?)

- Before the game: " \_\_\_\_\_ "
- During tough moments: " \_\_\_\_\_ "
- When things go well: " \_\_\_\_\_ "

**TOP 3 FOCUS POINTS** (STAY CLEAR. STAY GROUNDED.)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**FINAL AFFIRMATION** (FINISH THIS SENTENCE TO ANCHOR YOUR MINDSET.)

Today, I am bringing \_\_\_\_\_