

# POSITIVE SELF-TALK

## MASTER YOUR INNER VOICE

**DATE:**

**SPORT/ACTIVITY:**

### TUNE IN: WHAT DID I SAY TO MYSELF TODAY?

(Reflect on your inner voice during training, competition, or rest.)

- In moments of pressure: \_\_\_\_\_
- When I made a mistake: \_\_\_\_\_
- When things went well: \_\_\_\_\_

### SPOT THE UNHELPFUL THOUGHT

(Write one recent thought that brought you down or added pressure.)

Thought: \_\_\_\_\_

→ Why it's unhelpful: \_\_\_\_\_

### SELF-TALK PLAN

(Reframe the above thought into something helpful, realistic, and motivating.)

- New Thought: " \_\_\_\_\_ "

Tip: Start with 'I can...', 'It's okay...', 'Next time I will...'

### MY POWER PHRASES

(Write 2-3 personal self-talk statements that boost your confidence.)

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

### ONE INNER VOICE INTENTION FOR TOMORROW

(What mindset will you carry into your next competition/training session?)

Next session, i will \_\_\_\_\_