

MENTAL PLAN

The Focused Mind Can Penetrate Stone

Ancient Samurai Saying

Name: _____

Today's Date: _____

Event Date: _____

Performance Goals: (Ex: I will shoot each time I see an opening; I will serve deep into the box 80% of the time; 90% of my tee shots will land in the fairway)

Mental Goals: (Ex: I will use optimistic re-appraisal when faced with stressful situations; I will employ my Focus Plan throughout the game; I will focus on technique not outcome)

Psychological Warm-Up (Things that I plan to draw from my well)

Pre-Start Focus

What level of Activation will I be feeling? (0=Totally Calm and 10=Totally Amped Up, etc.) _____

What emotion will I be feeling? (Challenged, Positively Excited, Happy, Determined and Confident, etc.) _____

What part of my Focus Plan do I want to review? _____

What will I focus on at the very start of the event? _____

Event Focus

What will I focus on or say to myself at critical points in the event? Draw upon what has worked for your best past performances and what you feel will work for this event.

Beginning of Event _____

Critical Point 1 _____

Critical Point 2 _____

Critical Point 3 _____

Finish _____

Refocusing Plan

What can you do to get back on track if your focus drifts or you begin to lose composure and feel stressed out or upset?

Delay in Start of Event _____

Poor Start of Mistake Early in Event _____

Loss of Ideal Focus During Event _____

Mistake During Event _____

Not Being Able to Get on Track for Most of the Event _____

Other Circumstance _____

Final Affirmation

Positive statement you want to tell yourself to build your sense of commitment to your Plan.

