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| Performance Toolkit Workbook | | |
|  | | |
| Name: | yyyyyyyy |  |
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# Sabotage

|  |  |
| --- | --- |
| Describe previous situations where you talked yourself into quitting or slowing down |  |
| What justification or reason did you use |  |
| How did it make you feel |  |
| What would you change if you could |  |
| Was there an identifiable spectrum or range that your decision sat on, and what was at either end of it. |  |

## Additional information

Other comments that don’t fit above

# Positive Beliefs

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| --- |
| What do you believe about yourself in relation to SUP Racing |
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|  |

## Additional information

Other comments that don’t fit above

# Limiting Beliefs

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| --- |
| What do you believe about yourself that limits your SUP Racing |
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## Additional information

Other comments that don’t fit above

# Trust

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| --- |
| What do you trust or think you could learn to trust about yourself and SUP racing |
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|  |

## Additional information

Other comments that don’t fit above

# Self Talk (1)

## On each line:

## Add a situation that you want to manage or improve

* State how you want to improve it
* Come up with Cue Words, or a short phrase, to represent that improvement

Once you have documented all the improvement phrases:

* Add things that you believe, know and trust, about yourself that you may need reminding of during a race
* Come up with Cue Words, or a short phrase, to remind yourself of these facts

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| --- | --- | --- |
| **Situation** | **Desired Change or Belief** | **Cue Words / Self Talk** |
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