

# ROAD TO MENTAL READINESS

## Activity

### Psychological Training Log

Monitoring progress is key to success. You can do this by keeping daily training logs throughout the course and completing this overall log at the end of each phase of your training.

Reflecting on the previous phase of training, identify and rate your use of each of the **Big Four +**:

SKILL	USED LESS					USED MORE				
	1	2	3	4	5	6	7	8	9	10
Goal setting										
Tactical breathing										
Progressive muscle relaxation										
Visualization										
Self-talk										
Attention control										

What went well (cite specific examples)

What did not go well

Plan for improvement

Please save and send this completed form to your instructor.