

# ROAD TO MENTAL READINESS

## Activity

### Building My Tactical Mindset

A variety of positive key words are listed in the following table. In the spaces provided, identify your personal key words that you can use.

#### Psych-Down

<i>Sample key words</i>	<i>Your key words</i>
Breathe	
Relax	
Calm	
I can do this	
I am well trained	
I work well under pressure	

#### Psych-Up

<i>Sample key words</i>	<i>Your key words</i>
Go for it	
Hustle	
Committment	
Up the tempo	
Concentrate	

**Please save and send this completed form to your facilitator.**