

# FLOW ATHLETICS

The Game Plan: *Think, Feel, Believe, Perform*

## I. THINK (1-3 sessions)

- **Psychoeducation:** What is mindset? Growth vs. Fixed mindset
- **Exploring self-talk:** Positive and negative and the effects
- **Increasing self-awareness:** What is your role? What are your strengths/weaknesses?
- **Goal setting level 1:** What is the purpose of goal setting? Exploring current goals

## II. FEEL (2-3 sessions)

- **Psychoeducation:** How do our thoughts affect our physical body?
- **Learning to cope:** Nerves, mental fatigue, external and internal pressure
- **Explore and practice:** Physical and emotional regulation, coping strategies for pre-game, during competition and practice, and post-game

## III. BELIEVE (1-2 sessions)

- **Exploring big dreams:** How and when to utilize outcome goals for motivation
- **Understanding resilience:** What is resilience? How can we develop resilience as an athlete? Mental skill development for bouncing back from obstacles and set-backs
- **Goal setting level 2:** Focus on the process, learning how to set effective goals, developing an athletic 'vision board'

## IV. PERFORM (continued support)

- **Put into practice:** Athletes apply their knowledge, practice their skills, and Flow Athletics provides continued support where needed



