

Reset Plan: How to Bounce Back After Mistakes

Mistakes are part of sport. How you respond is what matters most. This worksheet helps you build your personal reset plan so you can stay focused, grounded, and present in the moments that count.

Know Your Pattern

Think about the last time you made a mistake in your sport. What happened next?

- What thoughts showed up?
- How did your body react?
- What did you do next? Was your performance impacted?

Interrupt the Spiral

Reset starts with awareness. What's one signal that tells you you're stuck on a mistake?
(Examples: clenching jaw, self-talk spiraling, zoning out, rushing)

Create Your Reset Plan

Now let's train your brain to respond differently. Choose one tool for each category:

Body Cue – A physical signal to pause and regulate your body

(Examples: Deep breath, hand to heart, shoulder roll)

My Body Cue: _____

Focus Phrase – A short mental cue to center your attention

(Examples: “Next play” “Reset” “Stay here” “Breathe and go”)

My Focus Phrase: _____

Action Step – A small behavior to help you re-engage with your sport

(Examples: Clap and reset stance, touch the ground, get into ready position)

My Action Step: _____

Use It in Practice

Write one sentence you'll remind yourself with:

“Mistakes happen. When I notice myself stuck, I will _____.”

Reflect After Use

After your next practice or game, jot down:

- Did you notice a mistake moment? What helped you reset?
- What will you adjust next time?

Remember: You don't need a perfect game. You need a present one.

You can print, cut out, and hang this reminder card to help your reset plan stay top of mind and become automatic.

RESET PLAN CUE CARD

Body (pause, regulate):

Mind (refocus attention):

Behavior (re-engage with sport):