

Mindset Bullseye

Every tennis player has had that time when everything they do is the best they have ever done. This is often referred to as the 'ZONE'. However, most players spend most of their mindset in either the frustration zone or comfort zone. This worksheet will help you understand the 3 mind set zones you can be in. Use the note space below to describe each zone best as you can. Getting yourself into the zone will, as you know, better your performance as an athlete. It is essential you know how to get into the zone, and this worksheet will develop your understanding of how to get there more frequently.

Frustration Zone

Comfort Zone

The Zone

