



Replace Expectations With A Plan.

Expectations usually being with the words; Should, Should not, and Have to. When you hear yourself, coach, parents, or teammates say comments that begin with these words, know they are Expectations. Expectations are not helpful in sports performance.

What Expectations do you have?

I should	I should win.
I should	
I shouldn't	I shouldn't have fears.
I shouldn't	
I have to	I have to get first at States so everyone knows I am a good athlete.
I have to	

Expectations have irrational and negative beliefs attached to them.

If the Expectation is that I should win; what does it mean if I don't? Does it mean that I am terrible, I am a loser, or I am not as good as I think I am?

When we make a statement of I should win, we focus on the win and not HOW to win. Create a plan on how to make it, I will have better chance of making it.

Look at your Expectations from the chart above, create a plan to turn them into goals and create a plan on how to achieve them.



1. Say empowering Self-Talk
2. 2. Key Words
3. 3. Mental Choreography

I should	I should make my back handspring.	1. I can do this. 2. Strong. 3. Square, push, chest, press
I should		
I shouldn't	I shouldn't have fears or mental blocks if I want to be an elite.	
I shouldn't		
I have to	I have to get first at States so everyone knows I am a good gymnast.	
I have to		

There are no guarantees in sports and to expect an Outcome can add pressure and worry. Instead of focusing on Outcome, turn Expectations into a plan. By focusing on the plan, if you are physically prepared, you will give yourself the best chance of getting the Outcome you want.