



## Themes And Key Words

### Key/ Event Words

Strong	Unstoppable	Ready	Patience	<u>Refocus</u>
Solid	Unbreakable	Create	Commit	<u>Words</u>
Powerful	Confident	Calm	Endurance	Fight
Work	Titanium	Courage	Passion	Breathe
Focused	Aggressive	Believe		Fight
Fearless	Animal	Faith		

### Themes

Bring it	Fight Time	<u>Refocus Themes</u>
Lean in	Game on	Shake it off
Get the Goal	Choose Work	Keep Fighting
Challenge Accepted	Learn	Brush it off
Time to work	Practice on Purpose	Back to Work
Green Light	Trust the Training	Let it Go



## Activities

Create Themes and Key Words for everyday, each workout, weeks, competitions, or events. Make Themes and Key Words represent HOW you want to Behave; aggressive and brave or calm and relaxed

- Write Themes and Key Words on
- Mirror with erasable marker
- Back of hand to see at practice
- Water bottle

Create Themes and Key Words to *Refocus* after mistakes or distractions. Examples of Themes and Key Words are with the \* in the list above.

Theme for Week	Theme for Day	Theme to Refocus	Key Word for Events	Key Word to Refocus