



Self-Talk

What we say to ourselves is what we believe, what we believe is how we perform.

Think about what you say to yourself before, during, and after practice. Be honest and write down your first thoughts about training and certain skills in your routine.

In the left column, write different situations or topics that you like or dislike. Then in the right column, write how you feel about them.

School:	
Social:	
Practice:	



Then write how you think your Self-Talk affects your performance or behavior.

For Example:

Do you have conditioning? How do you behave when it is time to condition?

Situation	Bevaior

Look at your answers, is your Self-Talk helpful? If it isn't, change it.

There are rules to changing your Self-Talk.

1. Challenge your comments.

- If you hear comments that are absolutes such as: I always or I will never. Ask yourself if this is actually a truth. Is it true that you will NEVER get this skill? If you quit, it will be true, but if you continue working, your can eventually achieve it.



2. Make sure you can believe your statements. If you think that you “hate conditioning”, changing it to “ I love conditioning” won’t magically make you love it, but what positive beliefs do you have about conditioning?
 - Are you strong, can you challenge yourself, are you a hard worker, or can you make conditioning a game?
 - How can you think about conditioning that can help you look at it in a different mindset?
 - Is conditioning good for you?
 - Does it make you stronger?
 - Will it help you be a better athlete?
 - Can you play a game and make conditioning fun?

3. Make sure your Self-Talk focuses on the process and not just the Outcome of performance. Think about what you WANT and then what you CAN do about it.
 - I want to like conditioning.

4. Make your comments focused on what you Want and stay away from saying things you don’t want.
 - Use terms like: I will Work hard.
 - Stay away from: I don’t want to be weak.



What can you change your Self-Talk to that is believable and empowering?

Old Self-Talk	New Empowering Self-Talk

Commit to change your Self-Talk.

What words, phrases, or reminders can you come up with that will remind you to change.

IDEAS

- Partner-up: Ask a teammate to hold you accountable. If you say negative comments, have your teammate ask you to change it to something empowering. Promise not to become upset with your partner.
- Write it down: Write a reminder on the back of your hand, on your water bottle, or on a poster. Anytime you see the reminder, make sure your Self-Talk is in check.
- Coach check-up: Have the coach periodically stop and ask you to tell them what you are saying or thinking. It can be after you fall, when you are preparing for a difficult skill, or after a great workout.