



CONSISTENT PERFORMANCE

ROADMAP

What will my PRE-GAME self talk be? What will I CHOOSE to tell myself consistently before games?

Examples: I am PREPARED, I am CONFIDENT, I am STRONG. I am an OVERCOMER. Mistakes won't rattle my cage. I am a team player. I am a LEADER.

What will my IN-GAME self talk be when things go poorly? What will I CHOOSE to tell myself consistently when this happens?

Example: HONOR THE STRUGGLE. Keep hustling. Be the EXAMPLE. Be the LEADER. Next play. Move ON!

What will I tell myself every morning about how I am going to show up in school and sports that day?

Example: Serve and help others today. Don't make it about ME. Look for opportunities to lend a helping hand. Be COURAGEOUS, CONFIDENT. Stand up for what I believe in and stand up for others. I am KIND, LOVING, and ENTHUSIASTIC.