

Psych-Up Activities FROM SPORTS PSYCHOLOGISTS

Accentuate the positive. Change “I’m missing all my shots” to “I’m getting to the goal, now I’ve just got to get the shots in.”

Use positive imagery. Visualize the prize! Picture yourself on the podium receiving the medal or trophy you desire. Picture yourself doing every step needed to get there, too.

Don’t let failures get you down. Smile! Using those muscles naturally relaxes you and sends a signal to your brain that things are good. Choose a cue word, such as focus, to say to yourself to break negative thinking.

Stay focused. Break your task down into small steps, periods, or quarters, so you don’t get overwhelmed.

Think 100. Just before heading into the big game or the big event, commit to “100”: 100 percent energy, effort, and commitment, 100 percent of the time, over 100 percent of the field, court, or gym.

TRY. Take responsibility for yourself. Develop the talents that you have, and that you need, to be great. Don’t make excuses or blame anyone else.