

# MENTAL TOUGHNESS GROWTH PLAN

I rate myself the following: 1-10 (10 Best)

Today's Date:

Goal Date:

6

9

Example

Confidence

Calm

Carefree

Motivated

Focused

Techniques I'm good at:

---

---

---

---

---

---

---

---

Techniques I want to improve:

---

---

---

---

---

---

---

---

Notes:

---

---

---

---

---

---

---

---

## POSITIVE SELF-TALK

I am strong, confident and calm when I compete.

I can and will reach my highest goals.

I love to compete.

I use rituals.

I believe in myself and that I can reach my dreams.

Can you think of some more? Write them down here.

---

---

---

---

---

---

---

## RITUALS

Towelng off between points

Bouncing on balls of your toes

Playing with strings

What rituals can you think of?

---

---

---

---

---

---

---

## MANTRAS

Next point!

Right here!

Let's do this!

Deep and heavy!

Fast feet!

What mantras can you think of?

---

---

---

---

---

---

---

## LONG-TERM GOALS (MOTIVATION)

What's your long term goals?

---

---

---

---

---

---

---

What would be the worst thing that could happen if you didn't achieve this?

---

---

---

---

---

---

---

Number and list some short-term goals.

---

---

---

---

---

---

---

Now number and list an exercise or task that you could do on a regular basis for you to reach each short-term goal.

---

---

---

---

---

---

---