

Pre-Game Routine Worksheet

Athlete Name: _____ Sport: _____
Competition Date: _____

1. Mental Preparation

What thoughts help you feel confident before competition?

Positive self-talk phrase or cue word:

2. Physical Warm-Up

What activities help your body feel ready?

1. _____
2. _____
3. _____

3. Focus Plan

What will you focus on during the competition?

4. Reset Strategy

If you make a mistake, what will you do to reset?

Breathe → Refocus → Next Play

My reset phrase:

5. Confidence Reminder

What are three strengths you bring to your sport?

1.

2.

3.
