

## Mental Skills Checklist

COMPETITION:

DATE:

✓	Mental Skill	Notes
	Choose inspirational quotes	
	Choose pre-performance music	
	Set your outcome goal and process goals	
	Assess your “secret goal” and adjust goals if needed	
	Visualize past peak performance scenarios	
	Write out your sport affirmations	
	Fill out your critical moments worksheet	
	Write out your Plan B scenarios	
	Write out your Pre-Performance Plan	
	Visualize performing to your potential and accomplishing your outcome and process goals	
	Fill out your Post Competition Evaluation	