

## Plan B Worksheet

You might not have control over every performance situation, but you do have control over your reaction to it. Think through how you want to react in a challenging situation and then put your plan into practice and turn your *Plan B* into your *Plan A*. Use the instructions below to fill out each column.

**SITUATION:** Choose a situation when you usually lose your focus or confidence.

**REACTION:** How do you normally react in this situation? How does it affect your performance? Be specific.

**PLAN B:** How would you like to react in this situation? Choose your reaction and plan your focus.

<i>SITUATION</i>	<i>REACTION</i>	<i>PLAN B</i>