



MENTAL TRAINING CHECKLIST

Motivation

- I train consistently and eagerly.
- The morning of a race I awake enthusiastically.
- I make sacrifices to attain my goals.
- I look forward to workouts.
- I set high goals for myself.
- I strive to be the best athlete I can be.

Confidence

- I believe my potential as an athlete is excellent.
- I think of myself more as a success than as a failure.
- I'm able to race at near my ability level.
- I think of myself as a tough competitor.
- In races I am mentally tough.
- My confidence stays high the week after a bad race.

Thought Habits

- When things don't go well in a race I stay positive.
- Before races I remain positive and upbeat.
- I learn something from races when I don't do well.
- I like the challenge of a hard race.
- I can relax my muscles before races.
- I stay positive despite late race starts, bad weather, poor officiating, etc.

Focus

- Before races I'm able to erase self-doubt.
- Staying focused during long races is easy for me.
- I stay in tune with my exertion levels in races.
- I'm good at concentrating as a race progresses.

In races I tune out distractions.
When the race becomes difficult I concentrate even better.

Visualization

In hard races I can imagine myself doing well.
I can see myself handling tough race situations.
I can easily picture myself training and racing.
I mentally rehearse skills and tactics before races.
Before an important race I can visualize doing well.
When I visualize myself racing, it almost feels real.