

PERFORMANCE CUES EXERCISE

1. **Reflect on Your Best Performances:** Take a moment to reflect on moments when you felt you were playing at your absolute best. Recall the sensations, emotions, and thoughts you experienced during those moments. Tailor the affirmations to your strengths, play style and personality. See page 2 for real athlete example performance cues and quick focus triggers.
2. **Identify Sensations and Inner Experiences:** Think about how your optimal performance looks, feels, and sounds like. Pay attention to the inner sensations in your body as you recall those peak moments.
3. **Generate Positive Affirmations:** Based on your reflections, create 8-10 statements, or performance cues that capture the essence of your peak performance experiences. These statements should be affirmative, starting with "I" or "you," and can be in a combination of languages that resonate with you.
4. **Present Moment Focus:** Ensure that each statement is written in the present moment, using phrases like "I am" or "I do" to affirm your current abilities and state of mind.
5. **Avoid Negative Language:** Steer clear of negative language such as "can't," "shouldn't," "need to," or any phrases that imply limitations or external control.
6. **Repetition and Reinforcement:** Place the list of affirmations in one or several physical locations where you'll frequently see them, such as your bedroom mirror, training area, or phone screensaver. This facilitates repetition and reinforces the positive messages. You can also just type them below and print the table below off.
7. **Regular Updates:** Commit to updating your list of affirmations regularly, preferably on a weekly basis, as you continue to refine and strengthen your mental game.

MY PERFORMANCE CUES

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Sport	Example Performance Cues
Quick Focus Triggers	• ABC - Alert, Bold, Collected: Channels inner clarity and decisiveness in high pressure situations. • BLT - Breathe, Loose, Trust: A strategy for athletes to focus on controlled breathing, staying loose and relaxed, and trusting their skills during high-pressure moments. • CIA - Confidence, Intent, Adaptability: Focuses on building self-assurance, setting clear intentions for performance, and being adaptable to changing conditions, helping athletes maintain control and flexibility in any situation. • CPR - Calm, Present, Ready: Encourages athletes to remain calm under stress, stay fully present in the moment, and be mentally prepared to perform at their best. • FBI - Focus, Breathe, Intensity: A mental framework to enhance concentration and manage stress during crucial moments in sports. • WIN - What's Important Now: Emphasizes concentrating on the present moment and the immediate priorities that contribute to success, helping athletes stay aligned with their goals and perform effectively under pressure.
CrossFit	• I accept the challenge of each CrossFit workout. • I deserve success, and I work diligently towards it. • My mind and body work together in perfect harmony. • I am fearless and trust my strengths. • I am driven, skilled, and focused on my CrossFit journey.
Hockey	• I dedicate myself to training and improvement. • I am laser focused. • I always work hard to elevate my game. • I consistently win 1-on-1 battles on the ice. • I play with passion, precision, and power.
Soccer	• I'm a goal scorer and playmaker, creating opportunities with finesse. • The butterflies are in formation. • I remain calm, focused, and maintain relaxed concentration. • No one can stop me; I am the best and create chances effortlessly. • I excel in dribbling and passing, making me a tough opponent.
Tennis	• I compete and play while having fun figuring my opponent out. • I am focused and confident on the court, trusting my skills and instincts. • Every challenge I face makes me a better player, and I thrive under pressure. • I am resilient, bouncing back from any setback. • I visualize my success and make it a reality, always giving my best effort. • I am a fierce competitor, moving with grace and precision, and I create opportunities effortlessly.