

Performance Language

For you, and your partners, parents and coaches to use with you and each other

Here are different ways to review your practice, training and performance (i.e. as soon as the final 'whistle' goes); and at any other time you think about or talk about your sport (e.g. in the car, bus or plane).

At first you will have to force yourself (you may even have to write your questions/thoughts down) and those around you to think like this... unfortunately this is not how most people are wired to think... over time though it will become more automatic... The more people around you who you can get to talk with like this (e.g. coaches, parents, friends) the faster it becomes a habit.

List 1: To Build Confidence and Self-Belief

- What am I most proud about from the way I performed, trained or practiced today?
- What is one piece of evidence from today that proves I can achieve my dream?
- How was I successful today? (review your core expectations to answer this one)
- What was one thing I learnt today that I am now really looking forward to applying next time I practice, train or perform?
- What did I most enjoy today?
- What am I now really looking forward to next time I practice, train or compete/performance/play?
- What was the most exciting thing from today's practice, training or performance?
- What was one way that I did not give up and/or believed in myself today?
- Where was one place that I showed strong Killer Instinct?
- What will be my best memory from today?
- What was one thing from today that proves my plan is working?
- What is one thing from today that I can work on mastering that in the future will really give me the edge over all other competitors?

List 2: To Savor Victory and Moments of Excellence and Perfection

To help teach my mind to accept I am as good as I am; and to accept that I have no idea just how much potential I have or how good I can become!

- What was one part from today's performance, practice or training that proves I can achieve my sporting dream?
- What was the best thing about my performance today?
- Where was one place I nailed it perfectly today?
- What was one thing from today that shows I am a very skilled or excellent athlete?
- What great/excellent part of today's performance am I most proud about?
- What was my favorite part of the performance today?
- What was one part from today's performance I really enjoyed?
- What is one part of today's performance I am really looking forward to trying to replicate next week?
- What was the most exciting part from this performance, practice or training?
- Where was one place I nailed KILLER INSTINCT and finished the job off?
- Where was one place my mental game was perfect, strong or sound?

2. Make sure you have selected the best questions for you. Do this by rating how your questions/answers make you feel out of 10 on the following:

(a) Confidence and self belief that you can achieve your dream / 10

(b) Enthusiasm to practice, train or compete/perform again / 10

Ratings should be high (8-10/10)!

3. Partners, friends and family when using these questions please: Do not let your athlete:

- Make any excuses (e.g. blaming the ref, travel etc)
- Use 'give up' talk (e.g. "I will never be as good as...!" or "We will never beat them...!")
- Seek reassurance from you that they are actually good enough. Sometimes this may look like them coming home grumpy so that you go over and give them a cuddle and even say... "don't worry, there is another game next week"... "you will be" ok... etc)
- Do support them to be courageous and get back to work... to stick to their 'PLAN' to their DREAM. Reward that with praise and encouragement.
- Come up with 3 or 4 questions that best fit you, write down some mock answers to help get your mind used to them and use them all the time, with as many people as possible

Note for partners, parents & coaches: If your athlete starts talking negatively or throws a tantrum etc... Simply say; "When you are ready to talk/review just let me know". Then go and have a coffee, give them some space and only engage when they use these questions or similar strong and courageous language and self talk.