



Performance Anxiety Game Plan

Create your own game plan and design your poster with the specific tools you can use. This could include:

Positive Self-talk

Create a mantra or affirmation that you will say before every game, or when feelings of anxiety arise, or when stepping into the batter's box, etc.

Guided Meditation

When will you set time in your routine to do this? Is it the morning of a competition when you wake up? Is it at home before your head to the court/field? Is it in the locker room?

Breathwork Routine

What exercise will you use? When will you use it? Be specific.

Visualization

Is this a guided visualization meditation? Do you do this the night before competition? Morning of? While warming up?

Other Tools

What other tools/mental strategies can you draw on to include in your game plan? Do you listen to a specific playlist? Maybe you get a pep talk from a parent? Do you have any pre-game rituals or superstitions?

