

# “GAME TIPS”

## Mental Skills to Improve Performance

Concept	Success Cs	Question	Quote	Skill
<b><u>G</u>rowth</b>	<b>C</b> hallenged	Am I challenged or threatened?	Progress not perfection!	<b>Goal Setting</b> (turning vision into action)
<b><u>A</u>ttention</b>	<b>C</b> oncentrated	Am I centered or scattered?	No pressure in the present!	<b>Focus</b> (attentional shifting; in the zone)
<b><u>M</u>otivation</b>	<b>C</b> ommitted	Am I committed or coasting?	You get out what you put in!	<b>Centering</b> (dedicated & balanced)
<b><u>E</u>motion</b>	<b>C</b> omposed	Am I calm & aggressive or tense & panicky?	Pace don't race!	<b>Relaxation</b> (breathing & recovery) <b>Intensity Regulation</b>
<b><u>T</u>houghts</b>	<b>C</b> onstructive	Am I being a coach or a critic?	Actions follow thoughts!	<b>Inner Coaching</b> (self-talk & instruction)
<b><u>I</u>mage</b>	<b>C</b> lear	Am I seeing success or failure?	What you see is what you get!	<b>Power Imagery</b> (mental rehearsal & visualization)
<b><u>P</u>reparation</b>	<b>C</b> onditioned	Are my practices serious or soft?	Overpractice so you don't underperform!	<b>Mental Preparation</b> (competition keys & pre-game routines)
<b><u>S</u>elf-confidence</b>	<b>C</b> onfident	Do I have a can-do attitude?	You can't outperform your best self-image!	<b>Positive Affirmations</b> <b>Self-Evaluation</b>

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