

Exercise 3:

When you're about to enter a big event/match/game/tournament, what is your goal for the event? What do you want to achieve by competing in it?

Does your goal make you feel motivated and keen to compete? Or does it make you feel a bit anxious, worry about failing and what others may think of you?

Remember: Goals where we compare ourselves to others may motivate us initially but they're also pretty fragile. After all, what do we do if other people start doing better than us?! Instead, try and set goals that are about your own learning, what you've been working on in training recently or even about practicing a particular attitude. These ones are more in your control and therefore more stable. ...Perhaps you need to re-write the one you've done above?

Exercise 4:

Through the workshop, we discussed a range of possible ways of managing pressure moments. Some of these will stick with you and you'll go and try them out, some of them won't. That's normal. Using the space below and the reflective questions, take time to figure out what works for you to create a **personalised toolkit** that you can use in both practice and competition. The key to developing this toolkit: be as specific as possible so you know exactly what you need to do/think in order to help you perform under pressure:

When you have **felt** the feelings of being under pressure, how have you managed these feelings? List at least 3 things...

What did you do **before** a significant competition/match/fight/game that helps you focus on what was important and within your control? List at least 3 things...

When a fight/game/match has been particularly close, what's helped you zone into the task in hand? List at least 3 things...

Exercise 5:

Sometimes, pressure won't be seen as "a privilege". At these moments we need to dig deep, use our strengths and face up to the challenge in front of us. This is where courage comes in. Some say courage is an **attitude that you can keep going despite doubts and nerves**. It's my belief that you've demonstrated this quality before in the past. This exercise will help you identify when that was, how you managed to do it and what it may look like in your chosen sport/performance domain.

<p>Use this space to write or draw a time in the past that you feel most proud about.</p>	<p>Questions:</p> <p>What did it take for you to be able to do what you've written about/drawn?</p> <p>What differences did it make when you were doing?</p> <p>In what way did courage play a part in this and how did you feel whilst "being courageous"?</p> <p>Looking back on it now, what lessons can you take from it?</p> <p>How might your answers inform how you think/act when you meet your next challenge?</p>
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