



<< Mental Toughness DOMINATOR Worksheet >>

Pre-Work

**RESULTS I WANT TO CHANGE:** Explain the result that you don't want.

**MY MINDFRAME:** What are your thoughts/opinions/perspectives about the result you want to change? (i.e. I'm not good enough, I can't lose)

**MY FEELINGS:** How does your mindframe make you feel both physically (body) and emotionally? (i.e. I feel nervous, my body feels tight)

**MY ACTIONS:** When you feel that way, what actions do you take or do you think you take? (i.e. I hesitate, I don't take risks, my feet get stuck)



**NOW** Draw an arrow from 'My Actions' to 'Results I want to change': **WHAT DO YOU NOTICE?**

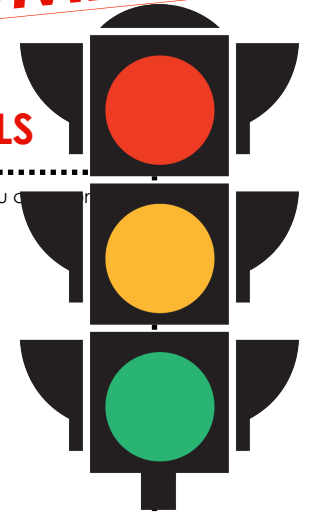
NOW LET'S HAVE YOU  
YOUR PERFORMANCE **DOMINATE**

WITH ONE SIMPLE STEP:

> Be Aware & Accept Your **SIGNALS**

Write a list of different mindframes, feelings, or actions that you experience when you're underperforming. Indicate if they're red, yellow, or green light signals.

A large dashed rectangular box for writing a list of signals.



**SHARE** those signals with your coach, your teammates, your family . . . The more you're aware of & accept your signals, the faster you can **DOMINATE!**