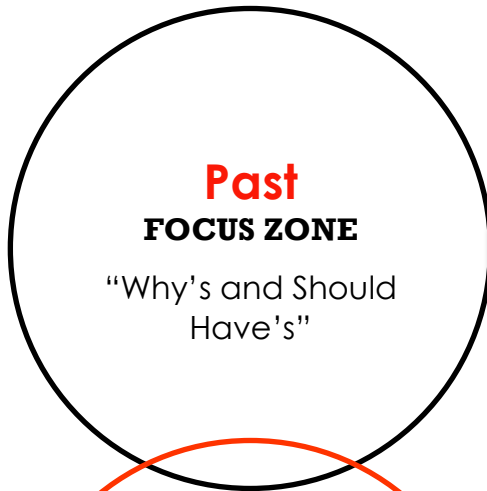


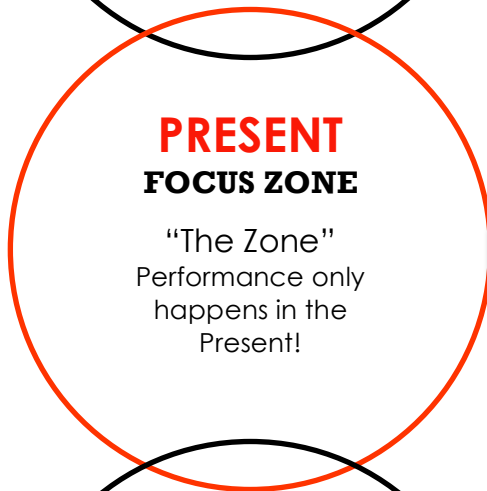


<< **THE MENTAL TOUGHNESS MAXIMIZER WORKSHEET** >>

**THE PERFORMANCE LINK**

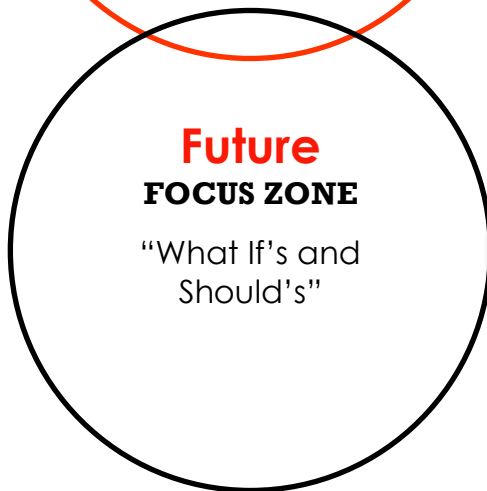


**My Whys and Should Haves**  
I.e. What if I can't do it, I should win



**My REFOCUS CUE:**  
I.e. My Refocus Cue is 'Let's go' while I clap my hands 2x

- ✓ Audible =
- ✓ Physical =



**My What Ifs and Shoulds**  
I.e. Why did I do that? I should have taken the shot!

