



AWARENESS

AWARENESS is the first step to gaining control of any pressure situation. As an athlete, you must “check in” and determine if your emotional state, thought processes, and focal points are where they need to be and, if not, adjust them to give you the best opportunity for success!

LACK of awareness is almost always the result of too much focus on getting to the finish line!

TRAFFIC LIGHT EXERCISE

Sport performance is similar to driving a car. Most of the time that we are driving, we are not thinking about the mechanics or technical how-to's! When we come to an intersection light, we must be **AWARE** of the light, or **CHECK IN!**

If it is green, we continue.

Similarly, when you are performing well, there is no need to think about it, but you must check in for that split second.

When we are driving and the light is yellow, we have to observe the intersection in more detail to determine whether it is safe to continue as well as check our rearview mirror for a police officer.

When the light is red, we must stop.

Using the traffic light, you become aware of your signal lights, and recognize the impact they can have on your self-talk, breathing patterns, and ability to focus.

Earlier detection → easier to make positive changes!



YOUR TRAFFIC LIGHT

When you are feeling your **VERY** best, or in the **GREEN** light mode, what is it that you feel? This feeling is as if you are in the flow, not distracted, and confident in your abilities.

Now, think of a time that you are in the **RED**. Those moments that you have to check in with yourself when you are not in the present moment. What was the trigger to cause you to stop and actually **CHECK IN**? Was it someone telling you to 'stop overthinking'? Or, was it you catching yourself worrying about things you can't control? Tell me about it, below.

In a few words, describe the feeling you have when you are in that **RED** zone...the zone of worrying, overthinking, and paying attention to distractions:



CHANGING RED TO GREEN

Let's brainstorm a **NEW** way to bring yourself from the **RED** light to the **GREEN** light.

Perhaps it is a positive power statement, or a picture you have painted in your mind of something that calms you.

This will be the thing that you will **COMMIT** to when you find yourself inching into that **RED** light zone.

