

FLIP THE SCRIPT ON YOUR SELF-TALK

Create Your Own Self-Talk Phrase in Three Easy Steps

IMG ACADEMY⁺

1 Choose your perspective

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1st person (I can do this!)

☐

2nd person (You can do this!)

☐

3rd person (Lauren can do this!)

2 Choose the type of self-talk you want to use

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Motivational Self-Talk:

Be your own cheerleader and give yourself encouragement. Choose this type if you want to improve your mood and boost your confidence.

Example: *You've got this, let's go!*

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Instructional Self-Talk:

Be your own coach to help you execute a skill or stay focused. Choose this type of self-talk if you want to focus your attention on executing a specific skill, technique, or strategy.

Example: *Bend your knees and follow through.*

3 Write it down

Use the perspective and type of self-talk you chose to create a phrase that is short, positive, and personal.

Remember: You can have more than one phrase. Create your phrases using different perspectives and types of self-talk for specific moments in your sport.

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Practice Self-Talk To Improve Your Confidence

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Now it's time to flip the script with the **Catch - Check - Change** method!

We talk to ourselves negatively so often that we may not even notice it.



Catch

Be on the lookout for negative thoughts and language.
Call out negative words or thoughts as soon as they enter your mind.



Check

Analyze your self-talk. Is it real and rational? Is there any evidence to support this negative thought?
Why do you feel this way?



Change

Turn your negative self-talk into a positive phrase.
Your phrase should be short, personal, and positive.

Catch

Write down the negative thought you caught.

Check

Analyze your self-talk.

Change

Turn negative self-talk into a positive phrase.