



## Name it, Release It, Plan it Exercise

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You only have control over one person; and that person is YOU. You control your actions, your thoughts, and your response. When we go through life experiences, our self-talk tends to be the commentator for what is going on. As you know Thought Blocker never misses a moment to keep us in a rut. And remember, when I say “Thought Blocker” I’m not only referring to the buck tooth, crazy haired guy who appears on my videos from time to time, but that little voice in your head that tells you you’re no good or tries to feed into all of your doubts and fears. And in all seriousness, researchers say that little voice has a big effect on our lives because it consumes “on the negativity!” about 80% of our thoughts in a day! Playing that big of a role, experiences that appear to be bad to us like missing a big play or being disqualified from a meet can be really hard to let go. That is why it is important that we work on changing a negative experience into a positive learning experience and great way to do that is by practicing the Name it, release it, Plan it exercise. Please be as honest as possible. This work is solely for you and you do **NOT** have to share your personal/private information with anyone.

## Name It

Without us even knowing, we give almost all of our experience a name." This is Terrible, "Bad Things as usual" "A Huge Problem."

Select an experience that was upsetting and describe in a few words

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Now do you think you can find a different name that is more positive about that situation? An example could be, "Learning experience."

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I want you think of any last 3 experiences and give each of them a (good or bad) you've had a name.

\_\_\_\_\_.

If you have any of these 3 experiences were negative, think of positive names to replace it with.

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## Release It

As you travel through your years of playing, you will find moments that are hard to let go. As long as these experiences live within your mind, it will be hard to keep a champion mentality.

I want you to write down 3 things in any area of your life (Sports/relationships/school/etc.) that you need to let go of. \_\_\_\_\_

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Close your eyes for a moment and imagine each of those experiences leaving your mind. How does that make you feel? DO you feel mad, upset, sad, or relieved?

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If you can tell someone about these experiences to help you get it off your chest, who would you tell that you trust enough to share?

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If you had the chance to give advice to someone who experienced what you did, what would you tell them?

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## Plan It

Negative Self talk really has a way of exposing our situations and making it a lot harder to deal with. Turning a negative experience into a positive can be challenging; however, in order to really make your self-talk more positive it is important you have a plan to maintain it.

Take yourself back to the first question on an upsetting event that you experienced. Think of your action or response you had when it first happen. Write down what you will do if this experience were to happen again.

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Describe the feeling you have with your new approach. \_\_\_\_\_

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This process will you take an unwanted experience and walk you through how to name it, release, and plan for a new outcome. So the next time you go through a similar situation, you will give your champion mindset to kick in before Thought Blocker chimes in. Remember, committing to practicing these exercises is the key to your success. Once you make this a habit, you will see improvements in the way you speak to yourself and this will shine through in your performance.