



Building Your Wins From Your Losses Exercise

Fill in the worksheet by writing down 5 things you did well in your game and 5 things you didn't do well but can work on in practice. Pay attention to the positive pieces of your performance while improving the mistakes you made in the game.

What you did Well	What you didn't Well but can work on in practice
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Write down the mistakes you worked on in practice on the bottom of the worksheet. Repetition is the key to this exercise. The more you say it the better chance you give yourself to think the positive thought during competition. The best practice happens before you leave home and before you go to sleep.

Even though I had a bad game I still was able to...	Even Though I didn't play well I was able to fix...
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Put a check mark on each day you practice saying the phrases above. By day 30, you will improve your self-talk which will ultimately improve the physical part of your game.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
Day 25	Day 26	Day 27	Day 28	Day 29	Day 30

TIP* Close your eyes and Picture yourself doing the action while you are saying the phrases above.