



4 Core Mental Skills Worksheet

Goal Setting • Breathing • Self-Talk • Visualization

1. Goal Setting (Process-Focused)

Your Performance Goal for Today
(Specific, controllable, actionable)

Process Behaviors (2–3 actions you control):

1. _____
2. _____
3. _____

Example:

- **Goal:** Run a strong interval workout.
 - **Process Behaviors:** Hit pacing targets • Relax shoulders • Reset focus each rep
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2. Breathing (Reset + Regulation)

When will you use your breathing reset today?
(Before reps, between meetings, after mistakes)

Breathing Pattern:

Breathing in for upregulation and breathing out for downregulation

- Inhale: ____ seconds
- Exhale: ____ seconds
- Cycles: ____ rounds

Example: Inhale 4s → Exhale 6s → 3 rounds before each free throw

3. Self-Talk (Cue Words + Scripts)

Situation that triggers unhelpful thoughts:

Helpful Cue Word or Phrase:

Example: Trigger — feeling rushed during transitions • Cue — “One thing at a time”

Note: Self-talk must be credible and true in all circumstances (no fake it till you make it)

4. Visualization (Rehearsal + Confidence)

Moment you will visualize:

(Skill, play, meeting, pressure moment)

What successful execution looks and feels like:

Note: Imagine a challenging moment during a hunt. Include as many of your senses as possible to make it feel as real as possible. Use 3rd person perspective and see yourself successful in the moment.

(Some performers will write out a script record a reading of the script and play that back as they visualize the event)

Designed for client use within Examined Life Counseling's performance training framework.