

The SELF-TALK CHECKLIST

Self-talk is your inner dialogue. It is happening all the time and has a powerful affect on how you feel and behave. Ask yourself these questions to monitor your beliefs so that they improve your performance rather than breaking you down.



Are your beliefs in line with reality?

Ask yourself if another person would see things the same way. You could say the belief out loud or voice it to another person to give yourself a reality check. Remember, just because you think it does not mean it is true.



Are your beliefs increasing your conflict with others?

Are your thoughts putting you in an us vs them situation? Notice if your beliefs are creating division between you and others athletes.



Do your beliefs help you feel the way you want to feel?

Self-talk can make you feel confident or can fill you with stress and self-doubt. Change these messages you tell yourself and you can change the way you feel.



Are your beliefs helping you reach your goals?

When it comes down to it, you want your thoughts to help you get to where you want to be. Taking charge of your thinking can shift your outlook and more importantly your outcomes.