



OBJECTIVE

To learn how to be your own best coach and cope better with imperfection in practice and competition.

FEARLESS STRATEGY

The first step in today's lesson is to define your personal hot buttons. When are you most likely to become negative, beat yourself up, or engage in negative self-talk?

Your personal hot buttons will be different from another athlete. We can help you improve your self-talk by giving you examples based on the most common situations we encounter in our work with goalies.

Below are typical situations where negative self-talk can occur:

- Getting off to a slow start in a game or performance.
- After making one or two mistakes in a row.
- Not performing up to your own expectations.
- Thinking.... "Here I go again... performing poorly."
- Losing a point or getting beat when you should have won.
- Needing to come through in crunch-time to win a game.

Below, your task is to list your top five "hot buttons" and

your typical reaction to each one. For example, goalies can't stand bad goals. This can lead to negative self-talk and self-criticism. A goalie might call himself/herself names after a goal such as, "You are a loser. You are the worse goalie in the world!" This can lead to frustration, trying harder, or an avoidance mindset later in the game - "Don't get scored on again, stupid."

Table 8. Top Five Hot Buttons and Reaction to Each

My Hot Buttons vs. My Reaction

- 1.
- 2.
- 3
- 4.
- 5.

Step two is to develop a mental strategy for each scenario in which you beat yourself up or engage in negative self-talk. Here is the catch... I want you to pretend you are the most positive coach you know. What would you say to yourself?

Old reaction - I tell myself I am the worst goalie in the world.

New reaction - I tell myself I am a great goalie, and if I stay patient and focus on the task, good things will happen.

How to be Your Own Best Coach

Old Negative Self-Talk vs. New Positive Self-Talk

- 1.
- 2.
- 3.

4.

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