Three steps to attain this goal:

1. Short Range (30 day) Goals

I. Goal Setting

Use the following forms to create your own mental training workbook. Once you don’t have to stick to get better, and how to expand it makes it work for you, and improve your performance. The old model focused on mental training is to focus on the positive aspects of your performance. Physical performance, mental training, and preparation skills. The whole idea of mental training is to focus on the positive aspects of your performance.

- Mental focus: Keeping正面 vision.
- Positive visualization: Focusing on the positive aspects of your performance.
- Progressive relaxation: Support of your physical performance.
- Positive thoughts and belief systems: Changing negative thought patterns and expectations into positive thoughts and beliefs.

SKILLS THROUGH TRAINING is the learning, practicing and application of mental and psychological techniques to enhance athletic performance.

What do Carl Lewis, Joan Benoit, Greg Louganis, and Mary Lou Retton have in common? They shared Olympic medals, world and American records, and most importantly, excellent mental skills that enhanced their performance. Before the 1984 Olympics, we interviewed a number of elite athletes.

The program of mental training compassively designed in the hope that all athletes could perform at their peak athletic performance and that positive thoughts and beliefs set the tone for the field of the track. By inserting positive thought patterns and beliefs into the old model, we found a new way of mental preparation. If your mental training program focuses on what is right, and not on what was wrong, with the old model model focused on a “head case” gone, the old model model focused on the positive aspects of your performance. Physical performance, mental training, and preparation skills. The whole idea of mental training is to focus on the positive aspects of your performance.

Peak Athletic Performance

For Mental Training

For Use With

Workbook Guide

By Judy Foster, Ph.D.

Key Porter
HERE'S HOW TO WRITE A GUIDED VISUALIZATION FOR YOUR SPORT:

III. CREATIVE VISUALIZATION

You want it to be in reality perfectly and as completely as you know how. Experience it exactly as learning to experience each moment and moment. See it all fully and imagine each thing you feel, see, and hear. Take your time to enjoy the medium and long term goals. Make affirmations for all goals. Your workbook should have 9 goals. Three for each of your short-term goals.

One)

Goal #3:

Five affirmations for this goal:

II. POSITIVE SELF-STATEMENTS

AFFIRMATIONS FOR GOALS

Three steps to attain this goal:

Long range (year) goals

Three steps to attain this goal:

Medium range (3 months) goals

Three steps to attain this goal:
HOW I Overcame THESE NEGATIVE THOUGHTS:

NEGATIVE THOUGHTS & FEELINGS:

POSITIVE THINKING & FEELINGS & WHAT THEY DID FOR ME:

GENERAL FEELINGS, SUCCESSES, ETC:

DATE

FINISHING PLACE

EVENT/SPORT

MY GOAL

IN MENTAL LOG KEEPING

Visualization Worksheet:

Goal:

MAKING THE VISUALIZATION:

Each day, visualize your four goals, the complete competition, and the image of yourself at the completion. To create the scene, choose the location, props, and the time of the day you are projecting yourself. Choose the desirable location and props to help you feel and think about your goals. The visualization will help you to feel the emotions and thoughts that you have about your goals. The visualization will also help you to think about the things you want to achieve and the steps you need to take to achieve them. The visualization will also help you to feel the emotions and thoughts that you have about your goals.

In conclusion, visualization is a powerful tool that can help you to achieve your goals. By using visualization, you can help yourself to feel and think about your goals, and to achieve them. Visualization is a powerful tool that can help you to achieve your goals. By using visualization, you can help yourself to feel and think about your goals, and to achieve them.