

Name:



ACTION POINTS & MODULE TASKS

Module 5.1 - Common Fears

Q1. What is the first step to conquering fear?

Q2. Name 5 common fears that people have:

1 _____

2 _____

3 _____

4 _____

5 _____

Q3. Give one example of a fear of success:

Q4. What advice could you give to someone who fears not being good enough?



Module 5.2 - Fear of Failure

Q5. Name 3 common signs that indicate that a player may have fear of failure?

1 _____

2 _____

3 _____

Q6. What is the root of fear of failure?

Q7. Give 3 examples of things that can cause fear of failure?

1

2

3



Module 5.3 - Why players choke / hide away

Q8. Most fear is based on _____

Q9. When players hide it is often because their focus is on:

Q10. What are 3 common thoughts which cause players to hide away or choke in games:

1 _____

2 _____

3 _____

Q11. Fear is closely linked to _____

Q12. Name 3 possible consequences that players connect failure with:

1 _____

2 _____

3 _____

Q13. Give ONE example of fear that is healthier for players to have:



Module 5.4 - Overcoming Fear

Q14. Give one example of each type of fear:

Rational: _____

Irrational: _____

Q15. Why is fear of danger good?

Q16. How can we help players to stop making assumptions?

Q17. How can failure be good for us?

Q18. Name 5 way you can help players overcome the fear of failure:

1 _____

2 _____

3 _____

4 _____

5 _____



Module 5.5 - High Expectations

Q19. What is the problem with playing with a zero mistake mentality?

Q20. Give an example of something someone with really high expectations may say:

Q21. What advice could you give them?

Q22. How can we use mistakes to help us?

Q23. Give 2 factors which affect our expectations:

1 _____

2 _____

Q24. What are 4 steps to overcome high expectations where it is negatively affecting someone?

1 _____

2 _____

3 _____

4 _____



Module 5.6 - Over Analyzing

Q25. What is analysis paralysis?

Q26. How could over analyzing affect a players game?

Q27. Why do some intelligent people tend to over analyse?

Q28. Why is the underdog team the most dangerous team to play?

Q29. What are 3 things players could think which hold them back from playing their best:

1 _____

2 _____

3 _____

Q30. How can you help a player that over analyses?



Module 5.7 - Making excuses

Q31. Give 6 examples of excuses that players make and what you could do or say to overcome each of them:

1

2

3

4

5

6

Q32. What are 5 reasons that people blame?

1 _____

2 _____

3 _____

4 _____

5 _____

Q33. What quote could use to help players to avoid making excuses?