



WEEK 4 ACTION STEP TASK SHEET

MODULE 4 - MASTER YOUR EMOTIONS WORKSHEET

This week I have learn't:

ACTION POINTS

1. Identify 3 process goals which you can use to re-focus when you get distracted in a game (i.e. put my player under pressure, first touch)

2. Come up with a positive trigger you can use to get focussed & change your state
It could be an action, word, image, etc. You will use this to get into the right mental state

3. Think of a time when you have been most focussed and least frustrated. Can you remember how you got to that state?

For example was there anything you did differently before the game?

4. Spend 5-10 mins visualizing exactly how you want to react to situations that would normally frustrate you. What did you visualize?



<p>8. Identify and write down any expectations that you have (either from yourself or from others)</p> <p>Then go through the steps of how to deal with each one</p>	
<p>9. Recognise how you deal with any common emotions by choosing ONE emotion you feel most and work through the 7 step guide to deal with difficult emotions.</p> <p>What did you learn? Is there anything you could you do differently?</p>	
<p>10. Download the 1 minute time-out (page 2 of 7 step guide) and practice a few times with your own personal phrases and affirmations</p> <p>Write some ideas here...</p>	
<p>11. Listen to pre-match guided visualisation</p> <p>How did you find it?</p>	