



# Gain Confidence from the Inside Out through Self-Talk



## A Mental Skills Workbook for Athletes & Performers



*Hi, I'm Demi Agai by -*  
a Mental Performance Consultant & founding  
director of Beyond Horizons Performance  
(BHP). Through BHP, I'm committed to  
embedding psychological skills training and  
mental wellness across athletic and artistic  
spaces.

*Let's build confidence, mental toughness, and resilience together!*



## What is Self-Talk?

Self-talk is your internal dialogue or the way you talk to yourself. This workbook will walk you through each form of self-talk (negative, natural, and positive) & help you gain awareness, so you can transform the way you talk to yourself!

### 1 Negative Self-Talk

What's the most common negative self-talk phrases you tell yourself?



Circle the moment in which you notice these negative thoughts the most:

- a. After receiving feedback or rejection.
- b. While performing in low-stake environments (training).
- c. While performing in high stake environments (competition, audition, etc)
- d. Before I perform a particular skill or drill that I'm not confident in
- e. Other \_\_\_\_\_

### 2 Natural Self-Talk

Natural self-talk is more technical/instructional-based mantras or phrases. For example, a baseball player might remind himself, "slight bend in the knees" while at bat.

What are the most common technical cues you get from your coach?



Now, create natural self-cues you can repeat to yourself that remind you of those technical elements.

1.

2.

3.

3

### Let's Create Positive-Self Talk Phrases!

What are characteristics or attributes that set you apart from the rest?

Create your own positive self-talk phrases using the characteristics above. You may use "Because I am..." or "My ability to..." or "My strength is..." to start your statements.

## EXAMPLE

My ability to... pay close attention to detail makes me a strong performer.

1.

2.

3.

4.

5.



Hint: Ask yourself, "Why is this attribute important?" or "How does it set me apart from the rest?" to help create your phrases.



## Did you find this helpful?

Schedule your free discovery call [HERE](#) to dive more into how you can manage your pre-performance anxiety & rise to any occasion that comes your way!

Performers on the Rise Podcast



@beyondhorizonsperformance

