



Strategies to “Lock-In” & Execute Your Best Under Pressure



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.

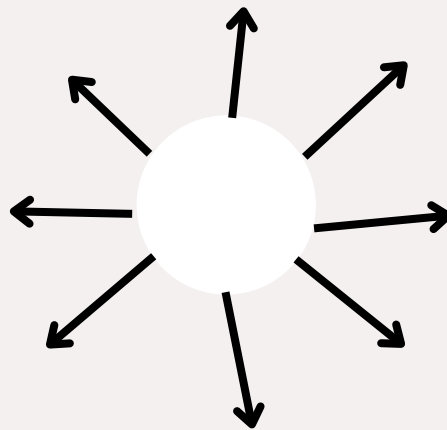
Let's build confidence, mental toughness, and resilience together!



As a busy athlete/performer, there are so many things that are competing for your attention and focus. However, we can't entertain all of these distractions without it drastically influencing our performance. So, let's walk through some mental skills and strategies to help you stay focused and block out all the unnecessary noise.



Let's start with identifying what tends to distract us when we're entering a high-stake situation or environment.



What tends to pull your focus away from the present moment and your performance?
Write your answers near the arrows above.

In what ways is your performance impacted by these distractions?
Examples: second-guessing abilities, decreased speed or power, inaccurate aim, etc.



Here are the 3 strategies that can help you regain your focus:

- a Self-Talk
- b Focus Cues
- c Mental Rehearsal (Visualization & Imagery)

a Self-Talk

Telling yourself brief, instructional phrases or cues can be an effective way to get yourself in the right headspace to perform at your best.

EXAMPLE

“Relax & Let Go”

“Be Here Now”

“Let It Flow”

“Just Execute”

“Lock In”

“It’s Just You”

What are some brief, instructional self-talk cues you can use to keep you focused and relaxed?



Hint: Try to create these phrases to counteract what pulls your focus. Use your responses from the first activity to help you create the phrases.



b Focus Cues

We can channel our focus in different ways. We can focus on aspects that are:

Close to us - wrist angle on the golf club, pinkie toe tracing the floor, etc.

Near Us - foot hitting soccer ball, racket hitting ball, etc.

Far from us - flight of golf ball, the trees I’m running towards, etc.

In the space below, reflect on relevant techniques or elements of your sport/performance craft to focus on. Ask yourself, what’s close to me, what’s near me, and what’s far from me?

Sport: Basketball

EXAMPLE

Close - Wrist angle in free throw

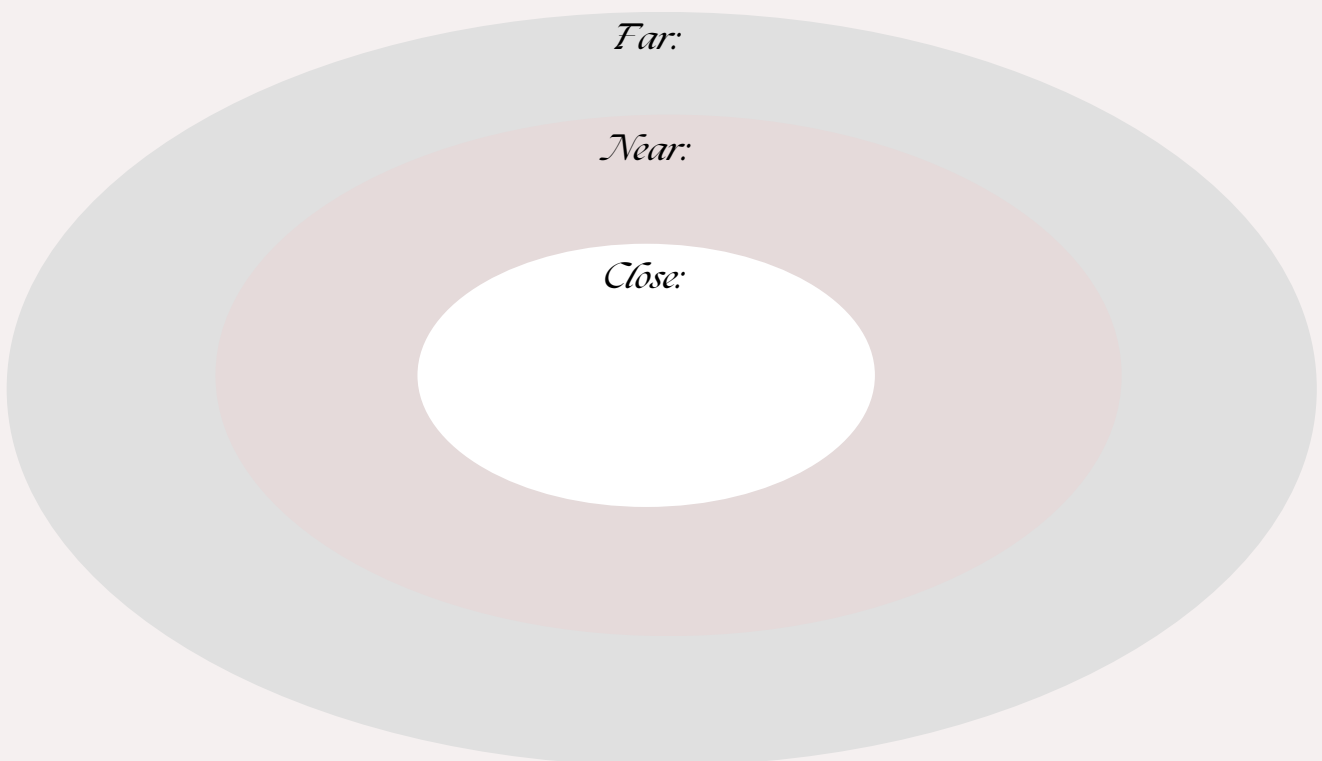
Near - Controlled dribbling

Far - Flight of ball in 3-pointer

Far:

Near:

Close:




Mental Rehearsal

Instead of physically executing skills, techniques, and behaviors, you're mentally practicing them or "rehearsing" through visualization and imagery. You can mentally rehearse **skills, strategies, and feelings**.

Skill Focused

What skills or aspects of your playing/performance aren't as consistent as you'd like? What skills do you tend to worry about the most?



 These are the skills or aspects of your performance that you should be visualizing/imagining.

Strategy Focused

What are potential factors that could go wrong during the event? How do you want to respond to those uncontrollable moments? This is all about "setting the scene" for how you want to approach the event.



 Visualizing how you want to handle the large crowds, loud noises, and banter from opponents can help set you up for success.

Feeling Focused

What's the type of energy you want to enter the space with (self-confidence, control, calm, etc.)? How do you want to demonstrate that in your behavior? Bring this to life in your visualization.



Did you find this helpful?

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

