

Whatever you do, work at it with all your heart as though you were working for God and not for people-Colossians 3:23

MENTAL NODS summary: In order to start and maintain your motivation, put on your MENTAL NODS to focus on the reasons you CAN perform at your best

This is an *example* of what could go through your mind before/during performance:

Reasons you CAN perform your best	Reasons you CAN'T Perform your best
I have a 95% attendance for practice	This is not my best event
I have listened to everything my coach/teacher has told me to do	That other person is better than me
I have a strong upper body	I messed up on this before
I have done mental strength and conditioning that will help me get through anything in order to perform at my best	I'm a tired

Trigger Word: **MENTAL NODS**

Now, put on your MENTAL NODS, which highlights a focus on your **CAN list**, in order to start and maintain motivation.



Reasons you CAN perform your best

I have a 95% attendance for practice

I have listened to everything my coach/teacher has told me to do

I have a strong upper body

I have done mental strength and conditioning that will help me get through anything in order to perform at my best



What are reasons that you CAN or CAN'T perform your best that go through your mind before/during performance?

Reasons you CAN perform your best	Reasons you CAN'T Perform your best

Trigger Word: _____

Now, let's put on your MENTAL NODS.



- 1) Take a pen and mark a big "X" through the CAN'T list to darken it out
- 2) Circle the CAN list, then under the CAN list write one **Trigger word** that reminds you of your CAN list (use "MENTAL NODS" if that is easiest)
- 3) When you are about to perform (or during), just say that one word to put on your MENTAL NODS to highlight your CAN list and start/maintain motivation



THERE IS A TIME AND PLACE TO WORK ON THINGS
 THAT NEED IMPROVING BUT IT IS NOT RIGHT
 BEFORE WE PERFORM; INSTEAD, WE WEAR
MENTAL NODS BEFORE WE PERFORM TO
 HIGHLIGHT AND FOCUS ONLY ON WHY WE CAN BE
 SUCCESSFUL IN THAT MOMENT IN TIME.

