

*Therefore, prepare your minds for action and keep a clear head-1 Peter 1:13*

**ROUTINES:** Create a pre performance routine so that you are focused and ready to perform at your best.

ROUTINES are designed to systematically, *step by step*, get you **FROM:** a distracted mind **TO:** a focused mindset in which you are ready to perform at your best. This is an example of a pre performance ROUTINE

1. I breath squares 2 times

2. I pray/ask God for strength and guidance (TPx)

3. I do a MENTAL MOVIE of success

4. I say my "wiN"

I'm ready

Use the space below to develop your own pre performance ROUTINE. This can take time to customize....be patient and try different things out....you will figure out exactly what you need to get focused and ready to perform at your best.

