

Creating New Habits of Thoughts, Emotions, and Behaviors Worksheet

Fill this out as soon as possible when you identify or experience a practice, game, or other situation (lift, video review, etc.) in which your emotions and thoughts are unhelpful for your focus, learning/development, and/or performance.

Situation What happened? What was going on? Who was there? *Be detailed	Automatic Thought(s)/Self-Talk What thought(s)/images went through your mind? How much did you believe them?	Emotion(s) What emotion(s) did you feel at the time? Frustrated, angry, anxious, defeated, embarrassed, etc?	What was the impact of those thoughts and emotions on your play/performance	Challenging those unproductive thoughts and <u>create</u> a productive/helpful response plan What thought trap did you get caught in? What will you front load and how will you reload if in this situation (or a similar one) again? How will you use your breathing, body language, and self-talk to manage your emotions and redirect your attention?	If you practice and use this new plan, what do you anticipate the impact will be on your attention, ability to be in the moment, and performance?