

# STEP 2 – APPLYING WHAT YOU'VE LEARNED



1. How do you prefer your intensity for a game? These are **your numbers**.

Flat/no intensity									Wired/Physically charged	
1	2	3	4	5	6	7	8	9	10	
Simple/clear thoughts									Thoughts racing/all over	
1	2	3	4	5	6	7	8	9	10	

2. What would you like to say to yourself and pay attention to prior to a game?

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3. How would you like your body language to be prior to and during a game?

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4. What would you like your emotions and confidence to be like before and during a game?

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5. What would you like to focus on or pay attention to during a game?

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