

Choking



1: VISUALIZATION

What will I include in my visualizations to help drown out my anxiety about being negatively evaluated? List out the people and things you will add to your mental rehearsals. Feel the pressure and weight of their expectations—and then feel yourself letting it go.

2: MORE SELFIE-TALK

What kind of self-talk do you use when things go well in competition? Stick to motivational cues when it comes to racing—instructional self-talk is best used in practice.

RACE

3: CRANK THE PRESSURE IN PRACTICE

What are three things I can do in training to inoculate myself against the pressure of competition?

1.

2.

3.

4: GEAR DOWN

What are some keywords that you can use when you feel yourself getting worked up and rushing in times of stress?

Examples: Don't forget to breathe. Sloooooow. Easy there, tiger.

5: HIGH PERFORMANCE CUES

On the blocks:

RACE

Off the start:

First 25:

And so on:

Final 5m:
