

## RACE

# Strategic Journaling



How do I feel about this race? What am I worried is going to happen? To detach further from excess nerves write in a third person (“You are feeling nervous because...”).

Have at it:

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## RACE

---

---

---

---

---

---

---

---

---

---

---

### Level It Up with Some Gratitude

Add 3-5 things you are grateful for. Gratitude is a proven anxiety killer. It will also help you get perspective on this race and competition, which can often be enough to help an overly nervous swimmer get their mind right.

1. 

---

---
2. 

---

---
3. 

---

---
4. 

---

---
5. 

---

---