

Two-Minute Mental Check List

I will do these things every day to make myself mentally tougher and build a growth mindset.

- Talk positively to myself, and out loud, say "Stop" when I am not talking positively.
- Every day: Solve each problem by working out alternative solutions and trying them out.
- Every day: Set a small goal to work on to improve a particular skill.
- Every day: Practice relaxing. Take deep breaths, in and out, saying relax, on each out-breath.
- Every day: Rehearse particular Biathlon skills, in detail, in my head to improve my skills.
- Use Cue Words to help me focus and push my limits in practices and daily life.
- Use my focus plan in practices so that I am ready for competitions.