



FOCUSING PLAN *MENTAL PREPARATION*

NAME:

EVENT/CLASS:

DATE:

Situations <i>good or bad</i>	Interpretations <i>Things I say to myself</i> "....."	Emotions <i>How I feel</i>	Behaviours <i>What coaches would notice about: 1) how I act, and 2) how I sail.</i>	Responses <i>How I stay focused, in control & performing at my best</i>