

## Strategy Check-in Worksheet

There are many strategies you can use to help manage pre-performance anxiety. Now that you have had the opportunity to learn about them and try them out, it's time to reflect on how it went. Did you find them helpful? Which one did you like the most? Which one didn't work for you? Reflecting is a big part of mastering sport psychology skills – to figure out what works best for you, you have to reflect on how each strategy made you feel and whether it did what it was meant to do.

Below is a chart that asks to outline the strategies you used. For each strategy you can then explain what you hoped to accomplish by using it, when you tried it and how many times, what you liked about it, what you didn't like about it, and whether or not you feel it was effective in helping you manage feelings of pre-performance anxiety. Once you have filled it out, you can keep it for yourself to remind you of the strategies you liked, or you can share it with your coach so they can help you alter the strategies that may not have helped the way you wanted them to.

<b>Strategy</b>	
<b>What did you hope to accomplish when using this strategy?</b>	
<b>When did you try it and how many times?</b>	
<b>What did you like about this strategy?</b>	
<b>What did you not like about this strategy?</b>	
<b>Did it help you manage feelings of pre-performance anxiety?</b>	

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