

Lesson 7

Self Talk – Awareness Exercise

Answer the questions carefully based on your current Self Talk

1. When I talk to myself in training or in a race what do I tend to say?
 - When I perform well:
 - When I perform poorly:
2. What thoughts go through my mind when I look at a hard workout that I must complete?
3. How often do I talk to myself in a workout?
4. How often do I talk to myself in a race?
 - Prior to race
 - During race
 - Post race
5. What do I tend to say to myself when I talk myself out of doing something in training?
6. When I use Self Talk I feel that I am setting myself up for failure or success?
7. I know what I say to myself affects the way I perform because....

