

# Questions to aid players mental game

Here are some questions that can be really useful for players to ask themselves – force them to think about, analyse, & critically appraise their mental game

## **Confidence:**

1. What did my best game look and feel like?
2. What does my dream game look and feel like?
3. What do others see when I play with confidence?
4. What behaviours do I engage in that help me build confidence?
5. Who helps me to feel confident and what do they tend to say?

## **Game focus:**

1. What internal noise tend to distract me?
2. What external distractions impact my game?
3. What can I be curious about in my game that I can focus on to improve?
4. what can I control, or get close to controlling, when I play?
5. who can help me stay focused?

## **Emotion:**

1. what does my high performance mental state look and feel like?
2. do I tend to get frustrated or angry...or...down or despondent?
3. what have I done in the past to manage my emotions?
4. does anger actually help me compete better?
5. who can help me manage my emotions?

## **Goal Achievement:**

1. what game day goals help me? What hinder me?
2. should I focus on winning or does this just get in the way?
3. what KPI's help me to focus my mind on the tasks at hand?
4. do I have mental objectives? If so, what are they? If not what could they be?

Again courtesy of Dan Abrahams via twitter