Tools for Making Yourself Better

PRACTICE W.A.G.

**Watch**
Who are you going to watch? ___________________________

**Ask**
What are you going to ask? ___________________________

**Get Coaching**
Who can help you do this? ___________________________

DEVELOP A MISTAKE RITUAL

> Flush
My mistake ritual: ___________________________

HAVE A PLAN A, B, C

What are you really good at?

*Plan A)* ___________________________

What if that isn’t working?

*Plan B)* ___________________________

What if both A and B are not working?

*Plan C)* ___________________________

HAVE A GET READY ROUTINE

My Get Ready Routine: ___________________________

TO COMBAT “CHOKING” > Breath > Bounce > Break!

“Great players have the ability to flush mistakes during the game. That ability is like learning a new language. ‘This simply was a mistake – let us learn from it and move on.’ This is easier said than done.”

Sue Enquist

For more Resources, visit: www.PCADevZone.org
For more information on Positive Coaching Alliance, visit: www.PositiveCoach.org

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