**Self-talk activity**

Identify two examples of when you have used negative self-talk, what the consequences were, identify how you could change this to positive self-talk and using a buzz word, what will be the hopeful outcome of this? Email this to your tutor when completed.

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| **Negative self-talk** | **Consequence** | **Positive self-talk example** | **Buzz word** | **Outcome** |
| e.g. I am never going to get this shot in. | I missed a lot of shots  | e.g. Focus, lift and follow through. | Focus | The perfect technique is rehearsed to help increase the success rate of shooting. |
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