

Self-Talk Worksheet #2

Cue Word Suggestions

This worksheet has a number of cue words other Olympians have used to help simplify their language, focus on useful things, and remind them of basic technique. Take a look at the list, and see if there is language you could use.

Words to **Fight Off Fatigue**

High Energy / Build / GO! / Light The Fire / Afterburners / Kick It / Power / Strong / Tenacious / Stamina / Refresh / Restore / Alert / Spring / Big Engine / Freight Train / Efficiency

Words to **Help Stay on The Attack**

Now! / Strike / Launch / Predator / Offense / Momentum / Forward / They Are On Their Heels / Go To Work / Charge / Battle / Take It / Throw It Down / Blast Through / Pressure / Dominate

Words to **Control Nervousness**

Relax / Calm / Breathe / Control / Easy / Ready / Simple / Follow The Plan / I've Done The Work / Focus On My Job / Slow It Down / Shake It Out / Loose / Slack / Basics

Words to **Control Muscle Tension**

Quick / Spring / Balance / Breathe / Loose / Light / Dance / Flex / Bounce / Unwind / Spin / Whip

Words to **Emphasize Speed and Quickness**

Burst / Explosion / Bounce / Lightning / Rockets / Wind / Athlete / Quick Hands / Quick Feet / Warp Speed / Rally Car / Cheetah / Panther / The Matrix / F-15 / Missile / Cobra

Words to **Feel Powerful**

Strong / Power / Force / Iron Grip / Mighty / Monster / Invincible / Steel-Tipped / Robo / Hurricane / Tidal Wave / Unstoppable / Solid / Rock / Battleship / Raging Bull / Stable / Immovable / Energy Field / Rhino / Power-Plant / Fire-It-Up / V-12

Words to **Help Focus**

Clear The Mind / Let It Go / Quiet Mind / Jedi / Eyes Forward / Laser-Beam-Thinking / See The Opportunity / Clear The Mechanism / Simple / Flow / See Through The Fog / Focus / Controlled Mind / Clear Picture / Feel It / Right Here, Right Now / Stay Present / Breathe

You may find these words useful, or you may decide that a mixture of these words and specific technique cues are the best combination of words to help you perform your best. Choose a few ideas and begin to take control of your thinking.