

POSITIVE SELF-TALK TOOLKIT

Help your athlete catch, check, and change their negative thoughts

IMG ACADEMY⁺

1 Help your athlete choose a self-talk perspective

There's no right answer here - just what feels most natural and helpful for your athlete.

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1st person (*I can do this!*)

☐

2nd person (*You can do this!*)

☐

3rd person (*Lauren can do this!*)

2 Guide your athlete to choose the type of self-talk that feels most helpful

The right type of self-talk depends on the situation and what feels motivating to your athlete.

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Motivational Self-Talk:

Your athlete becomes their own cheerleader, giving themselves encouragement. They can use this type to improve their mood and boost their confidence.

Example: *Pressure helps you grow!*

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Instructional Self-Talk:

Your athlete becomes their own coach. They can use this type to stay focused, improve a specific skill, or reframe an unhelpful thought.

Example: *"I haven't nailed it yet - focus on the process."*

3 Let them write it down

Support your athlete as they write their phrase, keeping it short, positive, and personal to make it stick under pressure.

Remember: Your athlete can have more than one phrase. Encourage them to create different phrases using a variety of perspectives and self-talk types to match specific moments in their sport.

YOUR POSITIVE SELF-TALK TOOLKIT

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Use the **catch-check-change** framework to help your athlete reframe negative thoughts into constructive, positive self-talk.



Catch

Be on the lookout for negative thoughts and language, and encourage your athlete to do the same. Call them out early, whether you hear them from your athlete or catch them in yourself.



Check

Help your athlete analyze their self-talk. Ask: Is it real and rational? Is there any evidence to support this negative thought? Why do you feel this way?



Change

Help your athlete turn negative self-talk into a positive phrase. It should be short, personal, and positive.

Catch

Write down the negative thought you caught.

Check

Help them to analyze their self-talk.

Change

Turn negative self-talk into a positive phrase.