

# CONQUER YOUR PRE-COMPETITION ANXIETY

Check off the symptoms you usually experience before a competition, and reflect on what they mean for you.

## Identify Your Symptoms

*Check the ones you notice most often:*

### Cognitive Symptoms



- ☐ Racing thoughts
- ☐ Difficulty concentrating
- ☐ Negative self-talk
- ☐ Feeling nervous
- ☐ Feeling worried
- ☐ Feeling irritable
- ☐ Fear of failure

### Somatic Symptoms



- ☐ Shortness of breath
- ☐ Increased heart rate
- ☐ Butterflies in the stomach
- ☐ Excessive sweating
- ☐ Muscle tension
- ☐ Shaky limbs
- ☐ Headaches
- ☐ Fatigue

## Reflect on Your Experience

Think about each of these symptoms and answer the questions below.

How often do you notice these symptoms?

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How does it impact your performance?

What small action could you take to ease it?

## Visualize Your Success

Take a moment to close your eyes.

Picture yourself at your next competition—calm, focused, and ready.

What do you see, what makes you feel confident?

Write down one key detail from your visualization that inspires you.

## Check-In Post-Competition

After your next competition, take a minute to reflect.

What worked well in managing your anxiety?

What's one thing you'd like to try differently next time?