

# 20 TIPS FOR GAME DAY

How to mentally prepare for game day

- 1** FOCUS ON YOUR STRENGTHS 
- 2** TRY AND FOCUS ON THE PRESENT 
- 3** IMAGINE YOURSELF PERFORMING SUCCESSFULLY 
- 4** DEVELOP YOUR OWN PRE GAME ROUTINE 
- 5** DON'T LET NEGATIVE EMOTIONS OVERCOME YOU 
- 6** DEVELOP YOUR OWN PRE MATCH MUSIC PLAYLIST 
- 7** PREPARE YOUR BODY TO COMPETE 
- 8** PUT AWAY YOUR PHONE AND ANY DISTRACTIONS 
- 9** WARM UP YOUR MIND AS WELL AS YOUR BODY 

- 10** FOCUS ON THE CONTROLLABLES
- 11** CONTROL YOUR BREATHING 

- 12** FUEL YOUR BODY EFFECTIVELY 

- 14** ENJOY YOURSELF 



- 13** CONTROL YOUR NERVES 

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