

Self-Talk Journal

Directions: Use this worksheet to journal your self-talk throughout a training session or as a post-session reflection. To get the most benefit, journal for at least a week to pick up on patterns and usage. The goal of this sheet is to build awareness of current self-talk use to evaluate, modify, and capitalize upon it.

Date	Activity	Self-Talk Phrase	Type/Style



Self-Talk Journal

Coach Sheet

The Why: This worksheet is to help athletes become aware of their self-talk usage. Journaling in real-time or while reflecting after the session/performance makes it very easy to see when and where the self-talk happens. This allows coaches and athletes to see when spontaneous self-talk happens and what form it typically takes. Learning these habits allows coaches and athletes to work together to learn the different types and how they can be incorporated into different scenarios. Through this process, it can be easier for athletes to learn reframing techniques that work best for them. Each athlete will respond to different types of self talk differently, so it is imperative that the athlete directs how they use self-talk. It will only work and be beneficial if it's specific to the athlete and their situation in competition.

The How: The easiest way to incorporate this log is by doing a small, in-session self-talk activity. This will bring awareness to the skill and where it is used in training. As athletes become more familiar with their use of self-talk through semi-formal logs and activities, the coach can introduce the self-talk journal. Introducing the journal, its benefit, and how you as the coach can assist them, will draw more attention to self-talk and this worksheet.

As athletes fill out the journal, regularly check in with them and help them to identify their patterns. Start working with athletes on reframing destructive self-talk and planning when to use a certain kind, rather than leaving usage up to chance in each scenario.

An example of a filled out self talk log follows.

Date	Activity	Self-Talk Phrase	Type/Style
1/2/22	Lift	"light weight!" "Fast pull" "knees out"	M, I, I

