

KILLER INSTINCT SPORTS

HOW TO TALK TO YOURSELF DURING A GAME TO GET INTO THE ZONE/STAY IN THE ZONE

*I'm monitoring my feelings

*I'm very seldom "constantly" saying my affirmation.

*The goal is a quiet mind/silent mind.

*Affirmations during the game/match are to be used when you feel your confidence dip OR to keep confidence/hot streak going

- "I'm always in the zone, I'm always on fire." MASTER MANTRA
- "I have super human hand-eye coordination"
- Look at the rim, and see swishes

*Timeouts, breaks in game, half-time

OTHER KEYS:

*Make sure you say it with congruency - body language, facial expression, tone of voice (even if you are only saying it mentally)

*Have the belief that your performance may lag behind your belief but will catch up

*Calm down before the game, get the full programs at BasketballBrain.com or at least the free program at KillerInstinctSports.com/nonervous