REC 1050 Sport Psychology 1

## In your Journal under the title Personal Inventory

Write a **personal inventory** of 5 abilities you are very competent in your sport. You also have to generate one ability you know you can improve on and would be confident in telling your coach it is not an area of strength and that you need some direction for.

## In your Journal under the title CELEBRATIONS

Write out how you **PERSONALLY** celebrate your successes (i.e., quiet fist pump, point to the sky, etc.) Does this need to be public and do you need to receive recognition for it or are you ok knowing how you do it. **Generate a celebration (FUN!!!!!!!)**

## In your Journal under the title BELIEVING IN MYSELF

What does it mean for you to “believe in yourself”: Write a paragraph explaining what it means to believe in yourself. When you are finished, print the paragraph \*do not write your name on the sheet\* and personally give it to your teacher so he/she knows you completed it even though your name is not on it.

## In your Journal under the title IDEAL PERFORMANCE STATE

Describe one situation where you experienced IPS in sport.

Describe one situation when you did not experience IPS in sport.

## In your Journal under the title ANXIETY

Describe in detail how you can deal with anxiety about a game, tournament, season etc. What do you do to control your level of anxiety? What have you done in the past? Has it worked? Is there anything you want to change about how you deal with anxiety?