



Progressive Psychological Performance for Gymnastics

Shannon McDougall

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This is a comprehensive workbook that includes progressive exercises that will prepare the developing athletes who are ready to learn about and implement mental training into their competition. There is no content in the workbook by design as it is meant to be a simple activity book with no reading just doing. To learn more about the activities you can go to the web page **wakeupyourmind.com** where I am continually updating the material for you. You can use the submission form to let me know what you would like to see more of on the web page or if you have any questions or feedback about any of the exercises or how to implement them into your training and competition. You will find 44 pages of exercises for the following skills:

- **Goal Setting**
- **Cue Words**
- **Communication**
- **Concentration**
- **Focusing / Re-Focusing**
- **Visualization using:**
- **Self Talk**
- **Relaxation**
- **Ideal Performance State**
- **Game Preparation**
- **Training and Competition Planning**
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