



Game Day Mental Reset Cheat Sheet

This quick-reference guide gives you short, meaningful phrases to stay calm, focused and confident—right in the middle of the game.

Making a Mistake

- One play doesn't define me.
- Everyone makes mistakes. I don't count other people's mistakes.
- I've done good things for my team. I will bounce back.
- I can't get that play back. Its over and behind me.
- Flush it—next play.

Getting Benched or Subbed Out

- Use this time to reset and observe.
- I'm still part of this team, on and off the court.
- Everyone gets benched from time to time.
- This is a pause, not the end.
- My teammates are here to back me up.

Feeling Mentally or Physically Exhausted

- One more play. Then another.
- I've pushed through worse.
- This feeling will pass.
- I can rest later. I've got this now.
- Breathe in strength. Exhale fatigue.

Doubting Yourself

- I trained for this. I belong here as much as anyone else.
- I've done harder things before.
- They chose me for a reason.
- My brain is being irrational. I won't listen to irrational thoughts.
- I trust my work. Let it show.

Team Losing Momentum

- One play can flip everything.
- Energy is contagious. I'll bring it.
- Lead by example.
- Nothing is set in stone. Stay steady.
- One play at a time.

Physical Anchors

- Snap fingers
- Shake hands out
- Touch toes or knees
- 5-4-3-2-1 technique
- Adjust shoelaces, headband, wristband
- Write a message on your hand or shoes
- Keep a token with you

