

Activity Notes

Impact of Self-Talk

Statement	Consequences	Example
Negative Statement:	Think: Feel: Do:	Think: I am not good enough for this promotion. Feel: I immediately feel disappointed and sad. Do: I droop my shoulders and don't try as hard.
Positive Statement:	Think: Feel: Do:	Think: I earned the opportunity to test for this belt. Feel: I feel proud of my work to get here; I am ready. Do: I am more relaxed and am willing to take the chance to go hard.

Converting Self-Talk

Strategy	Converted Statement
Negative Statement:	
1: Stop Negative Thoughts	
2: Convert Negative to Instructional	
3: Convert Negative to Positive	

NOTE: If you find negative self-talk prevalent outside of martial arts performance, you may want to work with a psychotherapist for a while to identify the sources of your negative self-talk and practice ways to convert it to positive self-talk.