WORKSHEET **Build My Pre-Game Ritual**

Fill in each move with your own version. Keep the whole thing to about two minutes, then practice it at least three times before your big moment.

The big moments this ritual is for: _____

Ground: Where I'll feel my body and what I'll name: _____

Breathe: My breathing pattern: _____

Picture: The first 30 seconds, going fine: _____

Cue: My phrase or gesture, tied to my preparation: _____

☐ Practice run 1, before: _____

☐ Practice run 2, before: _____

☐ Practice run 3, before: _____

☐ I can do a short version (breathe and cue) in under thirty seconds.
☐ I've put my cue phrase somewhere I'll see it every day.

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