



TRAIN LIKE STORM

PUT IT INTO PRACTICE: MINDSET, SELF-TALK, VISUALISATION & REFLECTION

You've learnt about confidence, growth mindset, self-talk, visualisation and the importance of building evidence through your training and experiences. Now it's time to work out what those ideas actually look like for you.

There isn't one perfect confidence routine that every athlete should follow. Some athletes find a few familiar words useful before they step onto court. Others like visualisation, while some get the most benefit from reflecting after training. What works for you might also change as you gain experience.

You don't need to use every strategy after you finish this resource. The aim is to try them, work out what feels useful to you, and choose one or two things you'd like to continue using.

1 | Change Your Thoughts, Find Your Words

In Document 1, you explored how a fixed thought can make where you are right now feel like the final answer, while a growth mindset directs your attention towards learning and development.

This activity is about noticing some of the thoughts that tend to show up for you and deciding what you'd rather practise saying to yourself. The aim isn't to pretend everything is perfect, but to find thoughts that are positive, believable and useful.



TRAIN LIKE STORM

PUT IT INTO PRACTICE: MINDSET, SELF-TALK, VISUALISATION & REFLECTION

A thought you might have now:	A positive thought you can practise:
I'm not a good shooter	My shooting gets stronger with practice
I can't do this	I'm learning how to do this
Everyone else is better than me	I'm focused on my own development, and becoming the best athlete I can be
I keep getting this wrong	Every attempt is another opportunity to learn
I'm going to miss	Set my feet. Breathe. Follow through.
What if I make a mistake?	I trust myself to respond and keep playing

Now Make It Yours

Think about some of the thoughts that tend to show up for you. On the next page, write them honestly in the first column. Then think about where you want your attention to go instead.

You might use words such as learning, developing, improving, building, becoming, practising, or yet. Your new thought doesn't need to sound impressive. It needs to feel positive, believable, and useful to you.



TRAIN LIKE STORM

PUT IT INTO PRACTICE: MINDSET, SELF-TALK, VISUALISATION & REFLECTION

A thought I might have now:	A positive thought I can practise:

Now look at the thoughts you've created and circle one or two that you would actually like to practise.

These could become phrases you use before training, on the way to a game, after a mistake, or whenever you notice yourself slipping back into an old way of thinking.

A confidence phrase such as "*I trust my training*" can remind you of what you've built, while an instructional cue such as "*Eyes up*" or "*Set my feet*" can bring your attention straight back to what you need to do.

The goal isn't to eliminate every negative thought. It's to get better at choosing which thoughts you want to give your attention to.



TRAIN LIKE STORM

PUT IT INTO PRACTICE: MINDSET, SELF-TALK, VISUALISATION & REFLECTION

2 | See Yourself Doing It

You've already learnt how visualisation can help you mentally rehearse a skill, situation or response. Now it's time to try it yourself.

Choose one skill or situation that matters to you right now. It could be taking a shot under pressure, bringing the ball down the court, defending an opponent, executing a centre pass, communicating confidently, coming onto court from the bench, or something completely different.

My Situation

The skill or situation I want to visualise is:

Take a moment to imagine yourself there. Think about the court, the people around you, and what is happening. Try to make the experience as familiar and realistic as you can.

- See It - What do you want to see? Where are you? What is happening around you? What are you looking at?
- Feel It - What does the movement feel like? Think about your feet, hands, balance, breathing and body position. How do you want to carry yourself?
- Hear It - What can you hear around you? What are your teammates saying? What do you want to hear yourself saying or thinking?
- Do It - Now mentally perform the skill. What are the important things you want to see yourself doing?



TRAIN LIKE STORM

PUT IT INTO PRACTICE: MINDSET, SELF-TALK, VISUALISATION & REFLECTION

Now Add The Unexpected

Sport rarely unfolds exactly as planned, so your visualisation doesn't have to either.

Imagine something changes. Your opponent applies more pressure than expected. Your first shot misses. A pass doesn't come off. You suddenly feel nervous. The score is close.

Then keep the visualisation going. See yourself take a breath, use your words, reset your attention, and respond in the way you want to respond.

How do I want to respond?

Once you've created your scenario, you don't need to write it out again. Try closing your eyes, if you're comfortable doing so, and mentally running through it for around 60 seconds.

SEE IT → FEEL IT → HEAR IT → DO IT → RESPOND

You could use this before training, before a game, while travelling to the courts, or at another quiet moment that works for you.



TRAIN LIKE STORM

PUT IT INTO PRACTICE: MINDSET, SELF-TALK, VISUALISATION & REFLECTION

3 | Build Your Evidence

You've just spent some time thinking about where you want to go. Now take a moment to recognise how far you've already come.

Positive thinking and building evidence aren't opposites. Your thoughts can help direct your attention towards how you want to develop, while your training, learning, and experiences continue giving you real reasons to trust yourself.

Think beyond your most recent game. Look back over the past few months, season, or even year. There may be skills that now feel normal that were once difficult, situations you've learnt to handle, feedback you've acted on, or challenges you've worked through.

Something in my netball that has improved:

Something I can do now that once felt harder:

A challenge I've worked through:



TRAIN LIKE STORM

PUT IT INTO PRACTICE: MINDSET, SELF-TALK, VISUALISATION & REFLECTION

A moment, effort or decision I'm proud of:

None of this needs to be a medal, selection, win, or best-on-court performance. Your evidence can be improvement, persistence, learning, preparation, or the way you responded when something was difficult.

Now look at what you've written and finish with your own reminder.

I can trust myself because:

Come back to this activity when you're doubting yourself and remind yourself of the evidence you've already built.



TRAIN LIKE STORM

PUT IT INTO PRACTICE: MINDSET, SELF-TALK, VISUALISATION & REFLECTION

4 | Make It Part Of Your Routine

You've now experimented with your thoughts and words, visualisation and building evidence. The next step isn't to add a long list of new things to your week, but to decide whether one or two strategies could fit naturally into routines you already have.

You might use a positive thought while getting ready, spend 60 seconds visualising on the way to the courts, or reflect while stretching after training.

Before

Think about something you already do before training or games.

Something that's already part of my routine:

Something I could add:

This might be one of your positive thoughts, a self-talk phrase, or a 60-second visualisation.



TRAIN LIKE STORM

PUT IT INTO PRACTICE: MINDSET, SELF-TALK, VISUALISATION & REFLECTION

During

You don't need a complicated mental routine while you're playing. Choose something simple enough to actually use.

A phrase or cue I want available when I need it:

It could be a confidence reminder such as "*I trust my training*", a reset such as "*Next ball*" or an instructional cue such as "*Eyes up*."

After | Make Reflection Part Of Your Recovery

Reflection doesn't need to become another piece of homework. Consider adding 2–5 minutes of reflection to something you already do after training or games, such as cooling down, stretching, eating your recovery snack, travelling home, or later that evening.

Choose just two or three prompts. You can write your answers in a notebook, training diary, the Notes app on your phone, or simply think them through.

- What did I do well today?
- What felt better or easier than before?
- What challenged me, and how did I respond?
- What did I learn?
- What feedback did I receive?



TRAIN LIKE STORM

PUT IT INTO PRACTICE: MINDSET, SELF-TALK, VISUALISATION & REFLECTION

- When did I feel most confident, and what helped?
- What moment am I proud of?
- How did I support my teammates?
- What do I want to keep working on?
- What do I want to remember next time?

You don't need to answer every question and you don't need to do this after every session. Find the prompts and routine that work for you.

If you want one question to come back to regularly, make it:

My Evidence From Today

Something from today that reminds me I'm learning, improving or developing is...

What Will You Take With You?

You don't need to leave this resource with a perfect mental routine or a long list of new things to do.

Instead, choose one or two strategies you'd genuinely like to experiment with over the next few weeks. That might be changing one thought you often have, using a short phrase before training, spending 60 seconds visualising, or adding a quick reflection to your recovery routine.



TRAIN LIKE STORM

PUT IT INTO PRACTICE: MINDSET, SELF-TALK, VISUALISATION & REFLECTION

A thought I want to practise:

A strategy I want to try:

Give yourself time to work out what helps. Some strategies might feel useful straight away, while others might take practice or simply not be right for you. You can adjust them, change the words, and make them fit the way you train and compete.

You don't need to use everything you've explored.

Choose what helps you, practise it, and make it your own.