

# Cue Words Help You Easily Remember The Plan!

This form will help you develop cue words or phrases to help you maintain and create your ideal performance zones.

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USE SIMPLE WORDS AND PHRASES TO HELP MANAGE YOUR EMOTIONS.

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## Determine Areas of Need

At what time do you need to be reminded of what you should be doing? Is it during the warm-up, when you are winning, scoring a point, or during training.

## Use Words That Create Emotion

When creating your cue words, make sure you use words or phrases that evoke the emotions you are trying to generate. If you are trying to energize yourself, use cue words that get you excited. Using calming words to help you relax.

## Associate Images With Cue's

Choose a picture to pair in your head with your cue word. Images, sounds, and smells will help you to better remember what you are supposed to do when you say your cue word.



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CREATE A WORD OR PHRASE THAT GETS YOU ENERGIZED. THIS WORD OR PHRASE SHOULD MAKE YOU ENERGETIC, DETERMINED, AND EXCITED TO PLAY.



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CREATE A WORD OR PHRASE THAT HELPS YOU RELAX. THIS WORD OR PHRASE SHOULD BE CALMING, SOOTHING, AND HELP YOU MANAGE YOUR ANXIETY.



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CREATE A WORD OR PHRASE THAT FOCUSES YOU. THIS WORD OR PHRASE SHOULD REMIND YOU OF YOUR GAME PLAN AND THE TASK AT HAND.

