**BLUEGRASS RUNNING CAMP**

***Self-Talk Cues Design Sheet***

**Guidelines for designing your self-talk:**

-Be truthful and Realistic

-Be Constructive

-Positively Connect to the self-talk

-Focus on what ‘to do’

-Keep it simple

-Recall past successful self-talk

**Purpose 1: Constructive affirmation statements**

e.g. “Be relaxed, you always run your best when you are relaxed.”

1.

2.

3.

**Purpose 2: Instructional self-talk (Mantras/cue words/phrases)**

e.g. “Fast and relaxed” / “Smooth arms” / “relaxed face”

1.

2.

3.

**Purpose 3: Motivational self-talk (Cue words/phrases)**

e.g. “Attack the turn!” / “Courage and commit!”

1.

2.

3.