

THE RELAXED ATHLETE

My Pre-moto Routine

Phase	Strategy	Your Mental Game Tasks	Sports-Specific Tasks
Prior to prerace routine	Expel pressure-packed expectations	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Identify your expectations about today's moto one to two hours prior to the race <input checked="" type="checkbox"/> Replace your expectations with process goals for upcoming moto 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Get suited up <input checked="" type="checkbox"/> Prepare bike <input checked="" type="checkbox"/> Gas bike up <input checked="" type="checkbox"/> *You may choose to rehearse your race here
At Pits	Calm your inner chatter	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Recognize when you are engaging in inner chatter quickly and clam the mind <input checked="" type="checkbox"/> Refocus your mind on the prerace warm up 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Go through stretching routine or ride stationary bike
Staging Area	Take control of your confidence	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Review your confidence resume during staging <input checked="" type="checkbox"/> Shoot down any last minute doubts you may have about the race 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Let go of the last moto <input checked="" type="checkbox"/> Focus on your stuff, not other racers
Staging Area	Rehearse your performance	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Use mental imagery to review your race plan or race strategy for the day. <input checked="" type="checkbox"/> Use mental imagery to rehearse your lines and commit to a race plan/line 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Do your mental laps in your head to review lines <input checked="" type="checkbox"/> Review your race plan and lines.
Walk bike to start line	Focus on the process	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Keep your mind on preparation during your routine <input checked="" type="checkbox"/> Know what cues to stay focused on during the moto <input checked="" type="checkbox"/> Set one or two process goals for the moto 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Set process goals for the race
At start gate	Prepare your mind to win ugly	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Forget about proper technique <input checked="" type="checkbox"/> Do not assess the quality of your practice <input checked="" type="checkbox"/> Remind yourself to perform with a functional mindset – win ugly 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Relax and prepare your gate <input checked="" type="checkbox"/> Imagine a functional start <input checked="" type="checkbox"/> Forget who's lined up next to you
Gate Drop	Embrace the pregame butterflies	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Interpret excitement as a sign you are ready to compete <input checked="" type="checkbox"/> Embrace the prerace butterflies as helpful to your performance <input checked="" type="checkbox"/> Use the added intensity to help you focus better 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Put bike in proper gear <input checked="" type="checkbox"/> See you line to the first corner <input checked="" type="checkbox"/> React to the gate drop