

How ready are you?

If you have a competition coming up, use this template to help you prepare..

How are you feeling about the competition?

It is important to take a moment to identify our emotions.



I am feeling...

List the emotions that you are feeling

Why?

Take a moment to think about why you are feeling that way

GOALS

What are your goals / aims for the competition?



What have you been working on in training that you would like to focus on in your competition?



How will you help / support your team mates?

RELAX

What can you do to help you feel relaxed before the competition?