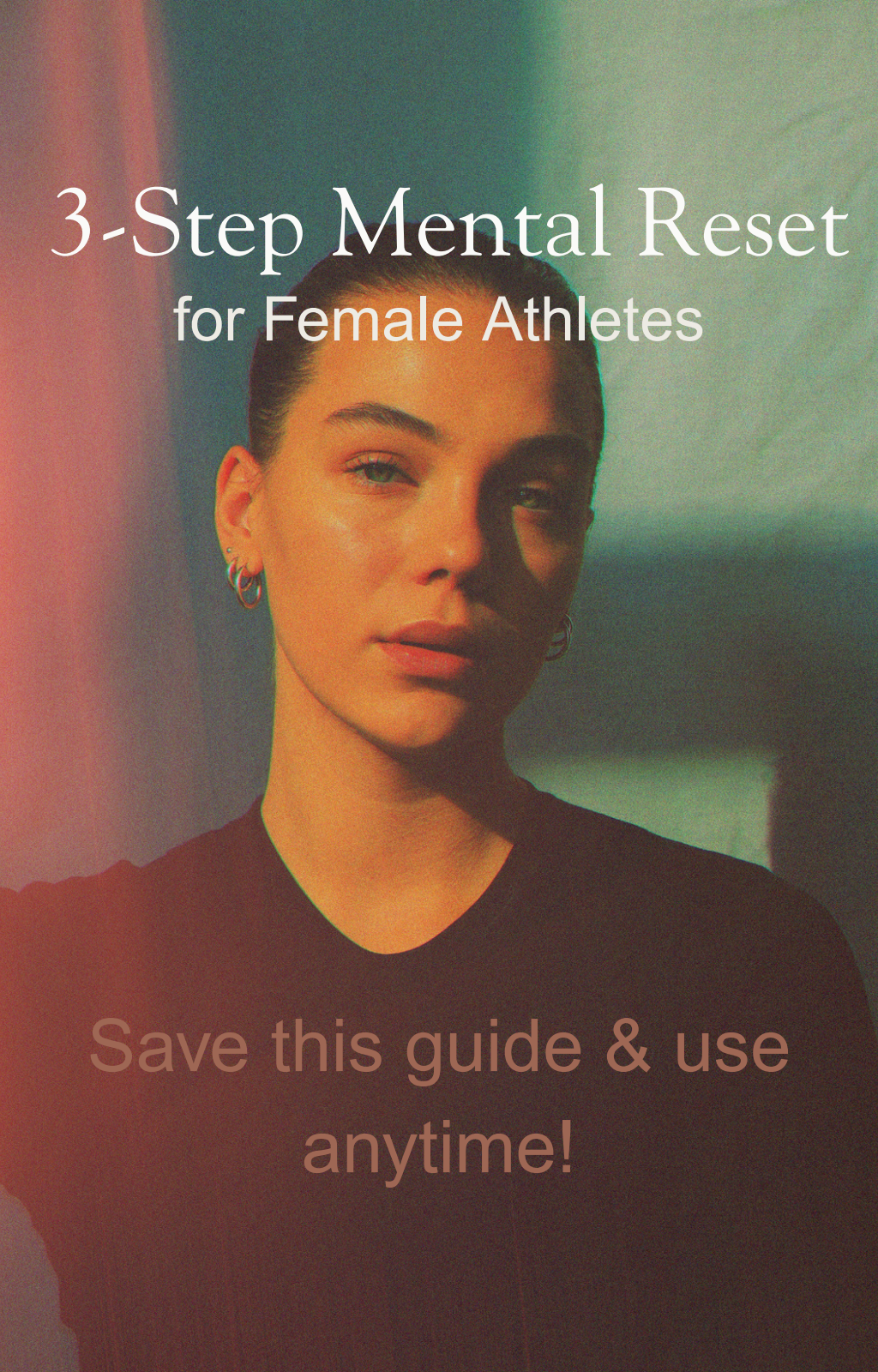
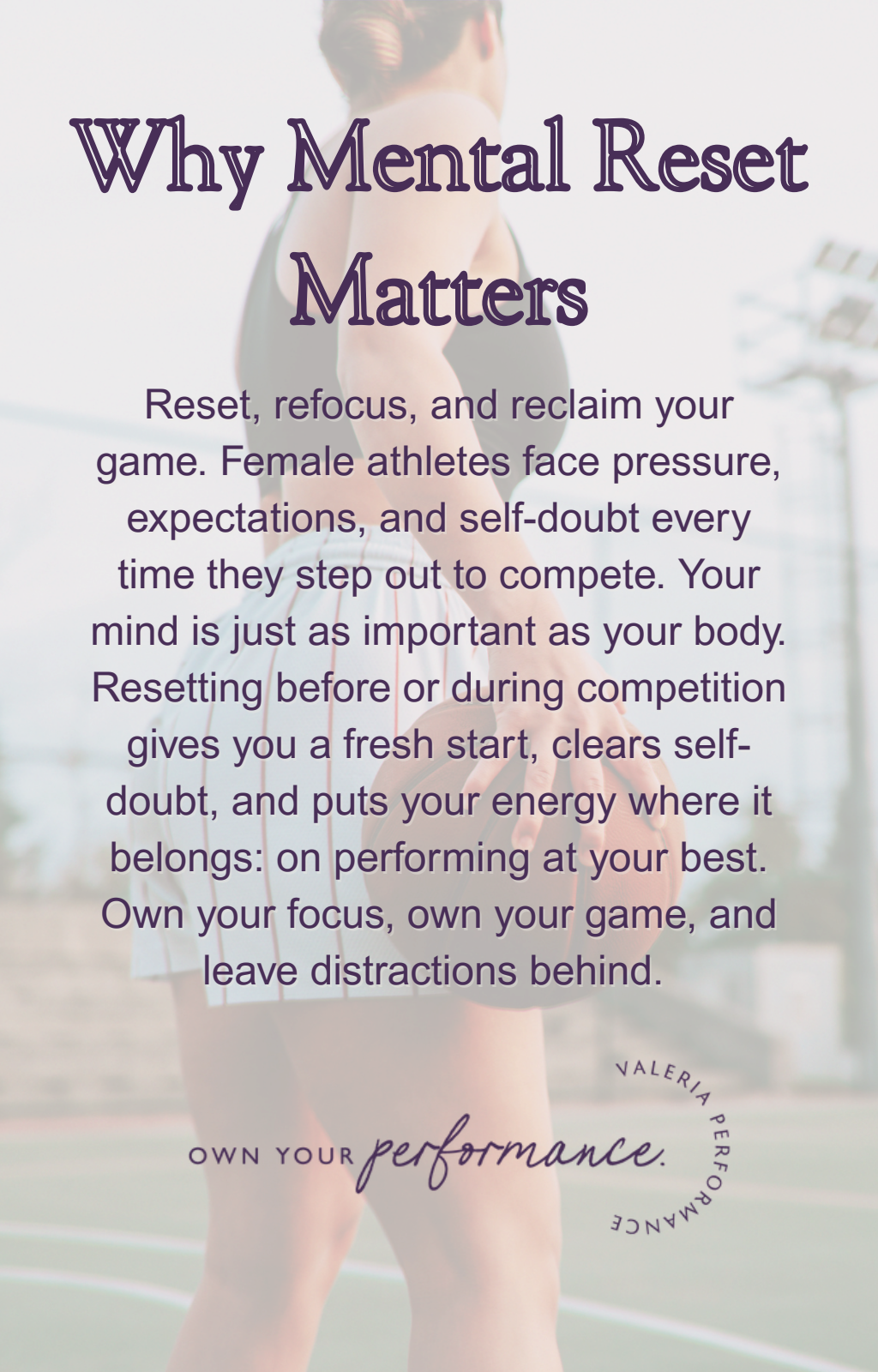

3-Step Mental Reset
for Female Athletes
Save this guide & use anytime!



Why Mental Reset Matters

Reset, refocus, and reclaim your game. Female athletes face pressure, expectations, and self-doubt every time they step out to compete. Your mind is just as important as your body. Resetting before or during competition gives you a fresh start, clears self-doubt, and puts your energy where it belongs: on performing at your best. Own your focus, own your game, and leave distractions behind.

OWN YOUR *performance.*

VALERIA PERFORMANCE

Breathe & Ground Yourself

Reset

Take 3-5 deep breaths:

Inhale for 4, hold for 2, exhale for 6; 3 times

Focus on your feet and where they are to bring yourself back to the present moment.

V.P

Pick Your Focus Cue

Refocus

Choose one word or image

Repeat the word silently or focus on the image before each play

Keep it simple

V.P

Reclaim Your Power

Reclaim

Ask yourself: “What’s my goal now?” Again, keep it simple.

Set an actionable intention by telling yourself what to do next. Do the next right thing.

Repeat before each play



Practice Your Mental Reset

Situation	Cue	Intention
Warm-Up	Ready	Calm/Hyped
Pre-Game	Prepared	Confident
Timeout	Sharp	Calm & Strategic



Reset

Refocus

Reclaim

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