

## Why Both Exercises Matter

Reset Routine = in-the-moment control. Scout & Game Plan = long-term pattern change. Together they build composure, consistency, and confidence.

## Reset Routine – Visual Anchor

1. Choose a visual anchor (seat, pole, shoes, line, scoreboard).
2. Breathe (belly, box 4-4-4-4, or 80/20).
3. Check in emotionally. Repeat if needed.
- 4 **(Optional)**. Engage touch.
5. Use a short mantra.
6. Return to play with strong body language.

### My Reset Script:

Anchor: \_\_\_\_\_

Breathing: \_\_\_\_\_

Check-in: \_\_\_\_\_

(Optional) Touch: \_\_\_\_\_

Mantra: \_\_\_\_\_

Return Action: \_\_\_\_\_

## Scout Yourself – 3 Step Process

### Step 1 – Inner Opponents

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### Step 2 – Thoughts & Responses

Thoughts: \_\_\_\_\_

Response: \_\_\_\_\_

Opponent #2: \_\_\_\_\_

Thoughts: \_\_\_\_\_

Response: \_\_\_\_\_

Opponent #3: \_\_\_\_\_

Thoughts: \_\_\_\_\_

Response: \_\_\_\_\_

### Step 3 – Personal Game Plan

1. When \_\_\_\_\_, I will \_\_\_\_\_

2. When \_\_\_\_\_, I will \_\_\_\_\_

3. When \_\_\_\_\_, I will \_\_\_\_\_