



## UNT Psyching Team Tip #1

### Confidence – GET IT!

- ✓ Goals – stay focused on your race plan and being in the present moment.
- ✓ Emotions – remember your great training sessions or races...tap into those feelings on race day.
- ✓ Thoughts – what you think matters...talk positively to yourself.
- ✓ Images – how you “see” yourself affects your performance...create positive race images in your mind.
- ✓ Trust - your training and hard work have prepared you for the race.

*“Tough Minds, Full Hearts, Run Free”™*

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