



TRNCHKNGS

Read This Before You Take The Field

I SLOW MY BREATHING AND CLEAR MY MIND.
I REMEMBER THE WORK I PUT IN ALL WEEK.
I TRUST MY PREPARATION.
I PLAY FAST, PHYSICAL, AND DISCIPLINED.
I CONTROL MY EFFORT, MY FOCUS, AND MY RESPONSE.
WHEN ADVERSITY HITS, I STAY CALM AND EXECUTE.
I DO MY JOB EVERY SNAP AND FINISH EVERY REP STRONG.
I AM BUILT FOR THE TRENCHES.
I AM READY FOR THIS MOMENT.

Quick Affirmations

I AM READY.	I BRING ENERGY EVERY PLAY.
I TRUST MY PREPARATION.	I CONTROL WHAT I CAN CONTROL.
I PLAY FAST AND WITH PURPOSE.	I WIN MY ONE ON ONE BATTLE.
I STAY CALM UNDER PRESSURE.	I RESPOND TO ADVERSITY WITH FOCUS.
I EXECUTE MY ASSIGNMENT.	I FINISH STRONG.

Two Minute Visualization

BREATHE IN FOR 4, HOLD 2, OUT FOR 6, REPEAT.
SEE YOUR STANCE AND THE FIRST PLAY.
SEE YOURSELF FIRING OFF WITH PERFECT TECHNIQUE.
PICTURE ONE TOUGH MOMENT AND SEE YOURSELF STAYING CALM.
SEE YOURSELF MAKING A PLAY AND CELEBRATING WITH YOUR TEAM.

Game Day Checklist

NIGHT BEFORE
HYDRATE AND PACK YOUR GEAR.
DO LIGHT STRETCH AND GET GOOD SLEEP.
GAME DAY
EAT A SOLID MEAL AND HYDRATE.
REVIEW ASSIGNMENTS AND WALK THROUGH CALLS.
PRE GAME
WARM UP WITH INTENT.
READ THE SCRIPT, SAY THE AFFIRMATIONS.
LOCK IN AND PLAY FAST.