



Terri Turner
PERFORMANCE

MENTAL PERFORMANCE COACHING
FOR ATHLETES & HIGH PERFORMERS

5 MENTAL SKILLS

EVERY ATHLETE NEEDS

A Practical Guide for Confidence,
Focus, Resilience, and Consistent Performance



CONFIDENCE



FOCUS



RESILIENCE



SELF-TALK



PRE-PERFORMANCE
ROUTINES

STRONGER MIND. STRONGER PERFORMANCE. STRONGER YOU.



INTRODUCTION

Why Mental Skills Matter

Athletes train their bodies every day.
This guide is about training your mind.



PHYSICAL TRAINING ALONE ISN'T ENOUGH.
Strength, speed, and skill get you in the game—but mental skills help you perform your best when it matters most.



PRESSURE CHANGES PERFORMANCE.
How you think, feel, and respond under pressure can elevate or limit your results.

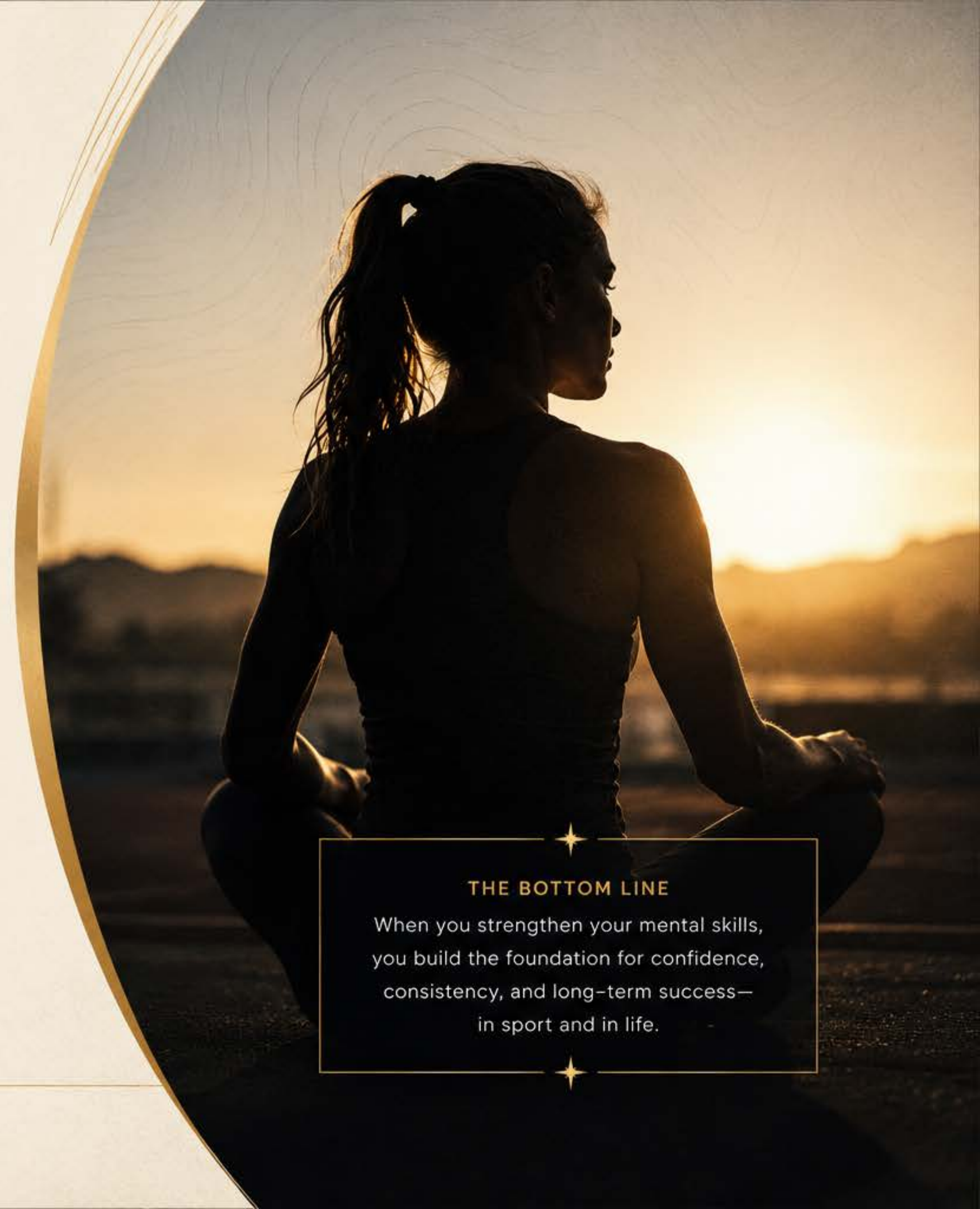


MINDSET AFFECTS CONFIDENCE, FOCUS, AND RECOVERY.
Your thoughts influence your emotions, your choices, and your ability to bounce back.



MENTAL SKILLS CAN BE TRAINED.
Like any other skill, your mind gets stronger with the right tools, practice, and support.

Stronger mind. Stronger performance. Stronger you.



THE BOTTOM LINE

When you strengthen your mental skills, you build the foundation for confidence, consistency, and long-term success—in sport and in life.



SKILL #1

CONFIDENCE



SELF-BELIEF

Trust in your ability to rise to the moment.



TRUST PREPARATION

Confidence is built in the work you do every day.



BOUNCE BACK

Mistakes don't define you. How you respond does.

“CONFIDENCE ISN'T SOMETHING YOU HAVE. IT'S SOMETHING YOU BUILD.”



What Is Confidence?

Confidence is the belief in yourself, your training, and your ability to handle whatever comes your way. It's not about being perfect or never feeling nervous—it's about trusting yourself even when things get hard.

Confident athletes prepare well, stay focused on what they can control, and bounce back quickly after setbacks.

QUICK EXERCISE



CONFIDENCE CHECK-IN (2 MINUTES)

1. Think of a time you felt confident in your performance.
2. What were you doing, thinking, or saying to yourself?
3. What helped you feel that way?
4. How can you bring more of that into your next opportunity?

REFLECTION

★ Rate your confidence right now (circle one):

1 2 3 4 5 6 7 8 9 10
Not confident Very confident

★ What situations challenge your confidence the most?

★ What helps you feel more confident?

★ One action I can take this week to build my confidence:

SKILL #2

FOCUS



ATTENTION CONTROL

You choose where your attention goes.



STAY PRESENT

The present moment is where performance lives.



HANDLE DISTRACTIONS

Distractions will come. Your ability to refocus is what sets you apart.

“ FOCUS ISN'T ABOUT BLOCKING OUT EVERYTHING. IT'S ABOUT CHOOSING WHAT MATTERS MOST. ”



Why Focus Matters

When your attention is steady, your performance becomes more consistent. When it's scattered, you feel stressed, make more mistakes, and lose confidence.

Focus helps you block out distractions, stay in the moment, and give your best effort—every time.



FOCUS STRATEGIES



BREATHE

Use slow, deep breaths to calm your mind and reset your focus.



CENTER

Bring your attention back to what you can control right now.



COMMIT

Choose your focus, then commit to it with full attention and effort.

FOCUS CHECK-IN

Take 60 seconds to reflect.

- ★ What distracts you the most during practice or competition?

- ★ What helps you get back to the present moment?

- ★ What is one cue word or reminder you can use to refocus?



BE HERE. STAY FOCUSED. TRUST YOUR TRAINING.

SKILL #3

RESILIENCE



BOUNCE BACK

Setbacks are part of the journey.



GROW STRONGER

Mistakes don't define you—your response does.



EMOTIONAL RECOVERY

You can't control everything, but you can control how you recover.

“RESILIENCE ISN'T ABOUT AVOIDING THE HARD DAYS. IT'S ABOUT COMING BACK STRONGER BECAUSE OF THEM.”



Why Resilience Matters

Every athlete faces challenges—bad games, injuries, tough losses, or moments of doubt. Resilience is what helps you rise.

It's not about never falling. It's about how quickly and how well you come back.

When you build resilience, you build confidence, toughness, and long-term success.

“You can't always control what happens, but you can control how you respond.”

RESILIENCE BUILDERS



PERSPECTIVE

Reframe challenges as opportunities to learn and grow.



PATIENCE

Growth takes time. Trust the process, even when it's slow.



PERSISTENCE

Keep showing up, even when it's uncomfortable.



PURPOSE

Stay connected to your why. It will carry you through.

REFLECTION

- ✦ Think of a recent setback. What did it teach you?

- ✦ How did you handle it? What would you do differently next time?

- ✦ What helps you recover emotionally after a tough moment?

- ✦ What is one small step you can take today to build your resilience?



★ **SETBACKS ARE TEMPORARY. GROWTH IS PERMANENT.**

I'm not good enough.

I always mess up.

What if I fail?

They're better than me.

I can't handle this.

SKILL #4

SELF-TALK


The conversation you have with yourself shapes everything you do on and off the field.

*Change your voice.
Change your game.*

WHAT IS SELF-TALK?

Self-talk is your inner dialogue—the constant stream of thoughts that influences how you feel, what you believe, and how you perform.

POSITIVE SELF-TALK HELPS YOU:

-  Stay calm under pressure
-  Build confidence
-  Bounce back from mistakes
-  Stay focused on what you can control
-  Perform at your best

Why Self-Talk Matters

The way you talk to yourself affects your emotions, focus, confidence, and performance.

Negative self-talk creates doubt, stress, and hesitation.

Positive, realistic self-talk builds belief, calm, and clarity.

You can train your mind to speak in a way that supports you.

“YOUR INNER VOICE CAN BE YOUR GREATEST COACH OR YOUR TOUGHEST CRITIC. YOU CHOOSE.”

Terri Turner

REPLACE THE NEGATIVE. BUILD THE POSITIVE.

NEGATIVE SELF-TALK	→	POSITIVE SELF-TALK
✗ I can't do this.	→	✓ I will take it one step at a time.
✗ I always mess up.	→	✓ I learn and improve every day.
✗ This is too hard.	→	✓ Challenges help me grow.
✗ I'm not ready.	→	✓ I am prepared and capable.
✗ I need to be perfect.	→	✓ Progress is what matters.

QUICK EXERCISE




1. Write down a negative thought you often have.

2. What is a more helpful, supportive thought you can replace it with?


3. How will this new thought help your performance?




DAILY SELF-TALK REMINDERS

 Be specific.
Keep it simple.

 Be kind.
Be realistic.

 Be confident.
Be consistent.

 Believe it.
Then go do it.

★ YOUR WORDS SHAPE YOUR MIND. YOUR MIND SHAPES YOUR PERFORMANCE.

SKILL #5

PRE-PERFORMANCE ROUTINES

Your routine is your competitive advantage.



CONSISTENCY

A consistent routine builds familiarity and confidence.



CALMING NERVES

It helps settle your body, quiet your mind, and reduce anxiety.



PERFORM UNDER PRESSURE

Routines create structure so you can stay focused when it matters most.

“ROUTINES AREN'T ABOUT BEING PERFECT. THEY ARE ABOUT BEING PREPARED.”



Why Routines Work

A pre-performance routine helps you shift into your best state—physically, mentally, and emotionally.

It tells your brain: “It’s time to focus.”

The more you practice your routine, the more automatic and powerful it becomes when you need it most.

“You don’t rise to the occasion. You fall back on your routine.”

BUILD YOUR ROUTINE



1. CENTER

Take a few deep breaths. Calm your body and mind.



2. FOCUS

Set your intention. What is your goal for today?



3. ACTIVATE

Move your body. Get your energy and rhythm right.



4. VISUALIZE

See yourself executing with confidence.



5. COMMIT

Trust your preparation. Go compete.

MY PRE-PERFORMANCE ROUTINE

- 1 **CENTER** – What helps you calm and center?

- 2 **FOCUS** – What is your intention or key focus?

- 3 **ACTIVATE** – What physical movements or cues get you ready?

- 4 **VISUALIZE** – What will you see yourself doing successfully?

- 5 **COMMIT** – What will you remind yourself right before you go?



★ A STRONG ROUTINE. A CALM MIND. A CONFIDENT PERFORMANCE.



ACTION PLAN

**TURN INSIGHT INTO ACTION.
COMMIT TO YOUR GROWTH.**

Great athletes don't just learn mental skills—they apply them consistently. Use this plan to focus on what matters and take one step forward this week.



1 WHICH SKILL IS YOUR STRONGEST?

2 WHICH SKILL NEEDS THE MOST WORK?

3 ONE ACTION STEP I WILL TAKE THIS WEEK

REFLECTION PROMPTS



What situations challenge me mentally the most?



How will improving my mental skills impact my performance?



What is one mindset shift I want to focus on?



Who can support me on this journey?



MY COMMITMENT

I commit to showing up for my mind, so I can perform at my best.

SIGNATURE

DATE

“ MENTAL STRENGTH
ISN'T JUST AN ADVANTAGE—
IT'S THE DIFFERENCE
BETWEEN GOOD AND GREAT.



Terri Turner
PERFORMANCE

YOU HAVE THE POTENTIAL. LET'S UNLOCK IT TOGETHER.

You don't have to figure it out alone.

I help athletes build the mental skills to perform with confidence, focus, and resilience—no matter the pressure.

Let's build your edge.

MIND. TRAINING. PERFORMANCE.



READY TO TAKE THE NEXT STEP?

BOOK A CONSULTATION

Personalized support. Proven strategies.
Built for your goals.

LET'S BUILD YOUR MENTAL EDGE. →

LET'S CONNECT



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**YOUR MIND IS YOUR GREATEST ASSET.
TRAIN IT. TRUST IT. TRANSFORM YOUR PERFORMANCE.**

You've got the drive. I'll help you build the edge.

LET'S DO THIS.