



# 2 minute drill for athletes



monthly tips from Positive Coaching Alliance

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## Transformational Self-Talk

Self-talk is that little voice inside your head - the one that may have just said, “*What little voice in my head?*” Unfortunately, most of the messages we hear from that little voice are critical or negative. Sometimes athletes hear that voice say, “*I can’t do it,*” when in reality, they probably can.

Try to state the negative self-talk as a feeling: “*I feel like I can’t do this,*” and then enlist the “Power of a Big BUT”! When the word “but” is used in a sentence, it devalues whatever comes before it. Usually we say the positive first and then devalue it with “but.” BUT, we can turn that around by using “but” to devalue the negative self-talk.

Try to end with an “*I’m-the-kind-of-person-who*” statement. “*I feel like I can’t do this, but I’m the kind of person who doesn’t give up easily.*” Whenever athletes catch themselves using negative self-talk, they can use this tool to transform it.

adapted from *The Double-Goal Coach* by Jim Thompson



To purchase this and other books by PCA Executive Director Jim Thompson, please visit:  
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