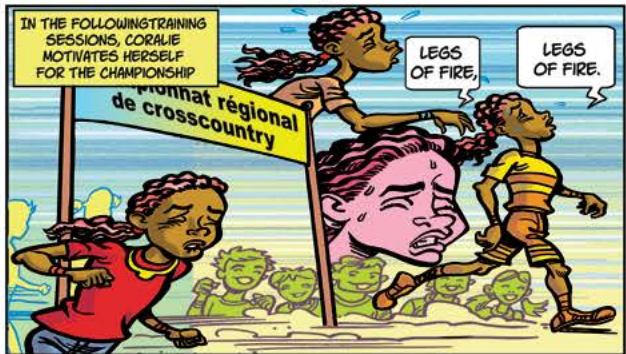


ANTHONY AND CORALIE



SPORT CAN SOMETIMES BE FRUSTRATING! WE'RE TEMPTED TO CRITICIZE OURSELVES NEGATIVELY, LIKE CORALIE. BUT IF A FRIEND WAS GOING THROUGH A DEMORALIZING SITUATION, YOU'D WANT TO ENCOURAGE THEM. SO IF THIS HAPPENS TO YOU, TALK TO YOURSELF IN A POSITIVE WAY, AS IF YOU WERE ENCOURAGING YOUR FRIEND. DO YOU KNOW WHAT A MENTAL PERFORMANCE CONSULTANT IS?

IT'S A SPECIALIST WHO HELPS ATHLETES TO REACH THEIR FULL POTENTIAL:

1. REALIZE THE BEST POSSIBLE PERFORMANCE.
2. ACHIEVE THEIR HIGHEST LEVEL OF WELL-BEING.

TO DO SO, THESE CONSULTANTS RELY ON INTERNAL SELF-TALK, IN OTHER WORDS WHAT WE SAY TO OURSELVES. SO, TO REACH YOUR FULL POTENTIAL, TALK TO YOURSELF IN A POSITIVE WAY. IT WILL SERVE YOU WELL FOR THE REST OF YOUR LIFE!

