

Week 3: In The Zone

“Each point I play is in the moment. The last point means nothing, the next point means nothing.” -Billie Jean King (Tennis player)

1. *Honestly, how well am I playing in the present?*

OR

...do I get easily distracted?

...are my thoughts and emotions all over the place?

...am I carrying a “monkey” on my back? (ie toxic thoughts about future or past)

2. *What are one or two ways I can become more present?*

(Just breathe/do a breathing exercise, repeat word or mantra, have tactile cues that help me let go, have a specific pre-game routine, listen to specific music...etc)

In the present, there is no pressure.