

MING

MY MENTAL GAME

Athlete DISC styles & Criticism

Dominance	Criticizes results
Influence	Fear lack of respect
Steadiness	Fear letting people down
Conscientiousness	Criticizes process

What does your inner-critic say?

EXAMPLE	Be angry when in a slump
EXAMPLE	Worry about social status
EXAMPLE	Worry about what family thinks
EXAMPLE	Be angry at a lack of focus

A good relationship with your critic is one where the negative thoughts that you have become useful ideas for you to improve your game. You can still have negative thoughts about your play, your mindset, and your relationships with others, but you must make them useful to you.

When you accept and listen to negative thoughts, they can be the key to growing your game. You can take action to improve from negative thoughts.

Your self-criticism can be a friend or an enemy. The key for you is to figure out when the little voice in your head is worth listening to. That means you are hard on yourself for things you can do better but easy on yourself for things that you cannot change. That way you keep your confidence.

You can be self-critical and confident at the same time... but this is a skill that takes mastering.

More about My Mental Game:

My Mental Game originated from a strong personal desire to provide young athletes and their parents with the necessary tools to navigate the demanding journey of elite-level sports. The company was established by two partners who have personally experienced this journey, and who have combined their expertise in psychology and professional training and development to create a powerful tool. Their aim is to help young high-performance athletes achieve their full potential while prioritizing their mental health and well-being, both during and beyond their athletic careers.