

Coach Traub's Performance Code

Think to Play to Win!

We are all creatures of habit. If your patterns of thought or speech include these 'curse' words or phrase, particularly during competition, then you may not be 'winning' the mental side of the game as much as you could. With awareness and the courage to change, we can imitate the self-talk of the greatest athletes in the world!

'Curse' Words to Avoid

CAN'T

Example

I can't do that.
Man can't run a mile in under 4:00
We can't come back from that far behind.

I'M NOT

I'm not big enough.
I'm not smart enough.
I'm not as good as I should be.

NEED/HAVE TO/GOTTA

I need to score right now.
We need to win this game.
We have to make this play.

**SHOULD /
SUPPOSED TO**

I should easily execute that routine play.
I'm supposed to be better than this.
We should beat this team.

APOLOGIZING

My bad. (Or signaling with a chest tap.)
I'm sorry.

FAIL

That mistake makes me a failure.
We failed by losing that game.

ALWAYS / NEVER

I always play lousy at that place.
We never do this play right.

I STINK / I SUCK

I can't believe I missed that. I suck.
I stink when it's cold.

SLUMP

I'm in a slump.

HATE

I hate running.
I hate that umpire.

UNBELIEVABLE / NOT FAIR

That's unbelievably bad luck.
That's B.S. That's not fair.

WORRY

I'm worried that it's not enough.

Change to

Can

Example

I can do that.
Man has/will run that fast.
We can come back.

I am

I am big enough.
I am smart enough.
I am good, and I can get even better.

Want to

I want to score.
Winning is much better than losing.
We don't have to, but we sure want to execute.

Could
Want to

I could execute that play if I play like myself.
I want to do better, and I will by making a good adjustment.
We will definitely beat this team if we play our best.

No outward response

Don't say anything or look any differently than normal.
Think: "How can I keep from making that mistake next time?"

"fail"
Growth

That "failure" can teach and test me.
We will grow because of that loss.

Usually/Used to
Might

I used to play lousy there.
We might finally do this play right.

I don't stink
I'm pretty good

I can believe it because I'm not perfect, but I don't stink overall.
I'm pretty good, even when it's cold.

Performance slide
Overdue

Occasional slides in performance are inevitable.
I'm overdue for something good to happen.

Dislike

I dislike running, but I love winning.
That umpire has his own problems.

Life's not fair

I can believe it because life's not fair.
This umpire isn't very good.

Courage

B.E. = A.G.E. My **best** effort is *always* good enough.



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