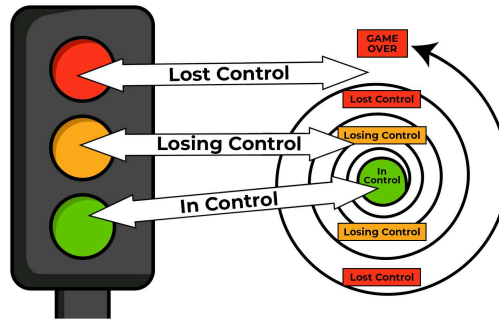


# BUILDING SIGNAL LIGHT AWARENESS WORKSHEET

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***You must be in control of yourself before you can control your performance***

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## **RECOGNIZING GREEN LIGHTS - "I AM IN CONTROL"**

Body Language: TBD

Focus: TBD

Self-Talk: TBD

In Game Situations: TBD

Physical Feelings: TBD

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## **RECOGNIZING YELLOW & LIGHTS - "I AM LOSING CONTROL"**

Body Language: TBD

Focus: TBD

Self-Talk: TBD

In Game Situations: TBD

Physical Feelings: TBD

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## **RECOGNIZING RED LIGHTS - "I HAVE LOST CONTROL"**

Body Language: TBD

Focus: TBD

Self-Talk: TBD

In Game Situations: TBD

Physical Feelings: TBD

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## **3 STEPS TO RED/YELLOW LIGHT RELEASE**

1. **Physical Action With Association**
    - a.
  2. **Deep Breath On Focal Point**
    - a.
  3. **Self Talk**
    - a.
- 

**WHEN I AM IN RED OR YELLOW I FEEL LIKE I BECOME THIS TYPE OF PLAYER...**

**PRAYER % = ##**

**PRIMAL % = ##**

**PERFECT % = ##**