

3-2-1 BEAST Method: Post Game Routine

"We do not learn from experience...we learn from reflecting on experience."

Post-Game Strategy to Critique and Stop the Negative thinking loop. Place the ownership on the athlete and not the Parent. Then come together and discuss the below responses if your child invites you.

Materials: Journal/Notebook, Pen, Reflection Questions (Keep this journal in your bag or in the car)



ACTIVITY: In a Mindset Journal...

Record the following: Maybe reflect in the car ride home or as soon as you get home and up to your room. Whatever the case, pick a designated time to reflect so you get into a routine.

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3- Positives. Three things I did well!

2- Two things I could have done better. What 2 things I could have done differently or better.

Option 2: Two things I can learn from?

1-One minute of visualizing yourself executing everything successfully.