

it's tournament day, let's play ...

# MINDSET BINGO

drink water	enjoyed connecting with a teammate	Had an intentional skill or strategy to work on	had FUN playing!	no blame or shame myself or others
mental reset after a mistake	spent time doing breath work	took a sensory break when I needed one	implemented feedback from previous match	drink electrolyte
took a sensory break when I needed one	ate nutritious snacks between matches	<b>FREE SPACE!</b>	drink water	Had FUN playing!
hyped up one of my teammates	drink electrolyte	did my training takeaway for each match	watched another match not to scout but to learn	eye contact and high fives
did my pre-competition routine consistently	had FUN playing!	worked on neutral self talk	eye contact and high fives	implemented feedback from previous match