

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# MT Outside of Sport

D R Q G U P H S R O R R E M K S S P C Q R X Z C  
M Q H H N B Y S A W W R E L T O K B G W R Z S G  
O Z B B V I M R L Y N L S W C H U N I M L R B F  
G Y U E M A H P L B L O A S H I T I T E L E J C  
F K A L R C S T P J P B E B S T N S L N A G T T  
N Z I T G W A O A J B E L N U C H O V T L A R S  
O B E Z O B G V U E S C E E C F F P N A S I Z H  
Y R M M A Q K A D H R V R E O L Z E I L N N L E  
S F W J E C F J C Y J B Q R F J F E R L O D T H  
U Y E V S T H G U O H T W N E E T D F Y I S C K  
R G S E A X V W N W O J P Q R A R V R T T T Y L  
M B R T L R G G S E L F T A L K X U R O A N O K  
U G E E E I B F O A B F O C U S E D B U R G F X  
J I P U C M N K S E Q M R O F I N U F G T V C V  
L V P G P O A G I T B L E W E Z Y Z E H S Q D P  
D E B W E K R T S V B A E V Z U R I U H I Y W B  
K Z Q E D R W D I R M H M P I E Y Z K I D H Q R  
J H U V D A U W E C F W O K B T A T K T L M M G  
O K P O K N M S E R A Q W M G I C G U G M D A S  
F M W R D Q I B S K A L O D H R H E V Z K P W S  
G J V P O F Q M P E K Y L H P L M Y F N O H A E  
R W L M B C E P E N R X J Y I I J H E F E A X R  
B F G I A O R N Z R D P I P J M E J X O E N I T  
R Q U G J X Y L T N E T S I S N O C L T W G M S

mentally tough  
self talk  
recorder  
smarter  
focused  
errors

systematically  
effective  
pressure  
release  
stress  
deep

consistently  
breathing  
feelings  
refocus  
remind

distrations  
thoughts  
uniform  
improve  
regain