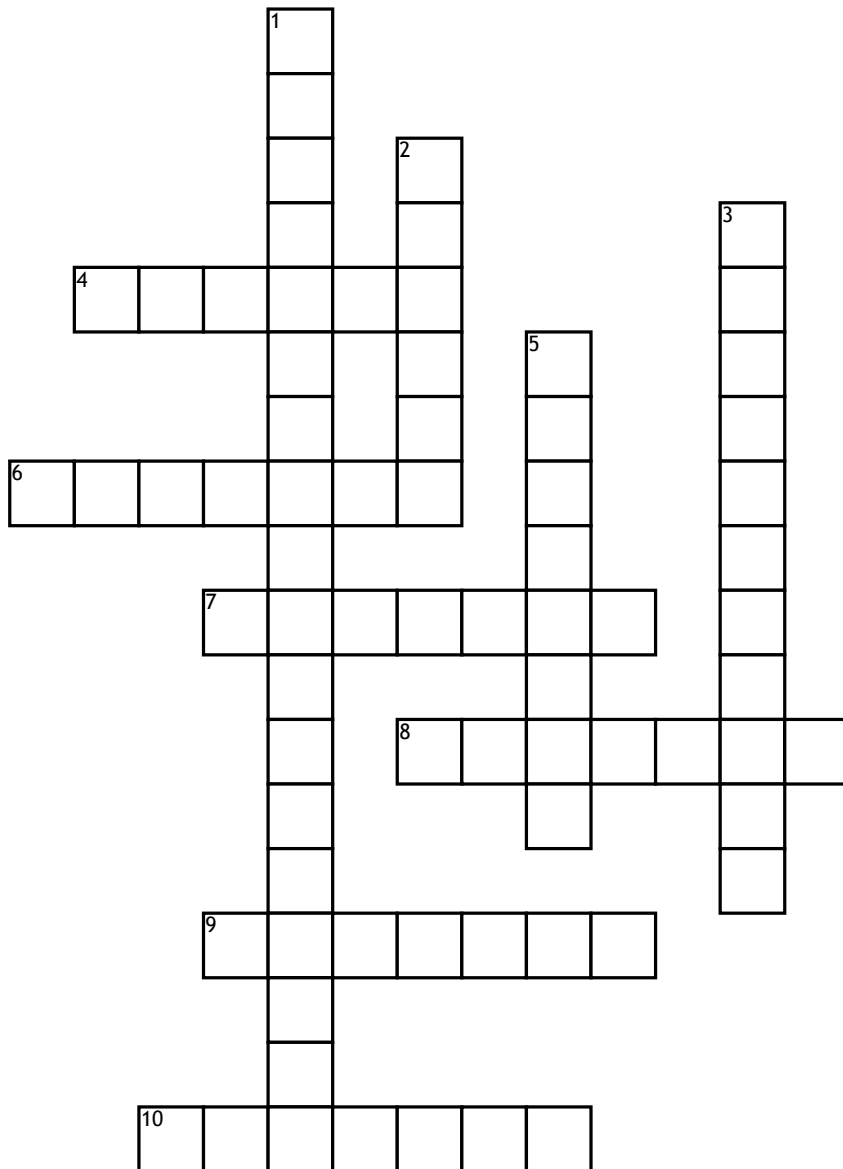


# Mental Tools Part 1



## Across

4. A sacred utterance, sound, syllable, word, or group of words believed to have psychological and/or spiritual power
6. An example of this type of goal could be doing 20 back squat reps 3 times per week
7. A word or short phrase to remind you what you should be focusing on or thinking about. An example could be "Back and smooth"
8. A type of destructive self-talk when one holds others responsible for negative events in his/her life

9. Involves creating or recreating an experience in the mind

10. A particular type of effective imagery

## Down

1. An example of this operant conditioning concept could be writing someone up for bad behavior at work
2. This acronym can be used to help remember how to set effective goals
3. An example of this type of goal could be setting a personal record in the bench press
5. Sherlock Holmes used this imagery perspective during the fight scene clip shown in class