

# ENHANCE PERFORMANCE WITH MENTAL SKILLS TRAINING

Do you struggle with a lack of motivation or confidence, or a fear of failure?

## Tips To Build Mental Skills:

01

### Notice

Be aware of your motivation, confidence, energy, focus, thoughts, emotions, and physiological responses as you train and perform.

02

### Reflect

After training or a performance, reflect on what worked and what didn't. Focus on mental components, not just physical or tactical.

03

### Build a Plan

Keep doing what worked and create a plan to change what didn't.

Performance enhancement or mental skills training can help you understand and leverage the connection between your mind and body to improve or maintain motivation, confidence, energy, and focus.



For more ways to strengthen your resilience, connect with us at:

[www.armyresilience.army.mil](http://www.armyresilience.army.mil)

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