



BVSA · MIND BODY FÚTBOL

MENTAL **PERFORMANCE** **JOURNAL PROMPTS**

Reflection questions for the athlete you're becoming

Coach Bella Vigeland

BEFORE YOU START

Get Your Mind Right

For a long time I poured everything I had into my training until I lost myself in it. I felt disconnected from my own body, from the people around me, from the game I used to love. I didn't realize I was missing the most important part of training: my mind. I spent hours training my physical body and creating muscle memory to support my performance, but I never took the time to train my mind to support me too. What brought me back was learning how to change my thoughts, my actions, and my reactions. I started training my thoughts the way I trained my body, and everything changed.

Here is what I have learned since: how you think and talk about yourself is not background noise, it is the clearest window into your self worth. Listen to what you say to yourself when something goes wrong. That is the truth of what you actually believe about your own worth, and it is worth getting honest about.

Reflection was a huge part of that, and it still is. Writing something down is how you actually see a pattern instead of just living inside it. That is what this is for. The questions on the next few pages are built the same way I coach: to help you get honest about your relationship with yourself, with success, with challenges, with the people around you, and with your performance, so you can build from the inside out.

There is no wrong way to use these. Pick one section, or one question, and sit with it. Write it messy, write it honest, nobody else has to read it but you.

Let's get your Mind Right!

Coach Bella

SECTION ONE

Your relationship to self

- 1 If your best friend was having a hard day, what pep talk would you give her? Now say it to yourself.
- 2 What can you do this week that brings you closer to who you want to become and closer to your goals? Name one thing.
- 3 How can you show yourself tough love right now? What is the honest truth you need to hear?
- 4 When was the last time you were actually proud of yourself?
- 5 Does your self worth depend on what other people think of you right now?
- 6 When is the last time you truly took care of yourself, not just functioned through the day?
- 7 What tends to make you react instead of respond?
- 8 Is there anything you are wasting your energy thinking about that is not actually yours to carry?
- 9 What is your go to negative thought, the one living rent free in your head? Why does it still have a lease?
- 10 What is true about you that has nothing to do with how you perform?

SECTION TWO

Your relationship to success

- 1 Whose definition of success are you actually chasing right now?

- 2 What would you go after if no one else was ever going to know about it?

- 3 What do you quietly believe you have to prove, and to whom?

- 4 When you win, what is the very next thought that shows up?

- 5 How do you celebrate success? Do you actually let yourself enjoy it, or rush straight to the next thing?

- 6 What have you already achieved that you have never actually let yourself sit with?

- 7 If success did not change how anyone saw you, would you still want it the same amount?

- 8 Picture her, the version of you who already has it. What is she doing differently than you are today?

- 9 What is one way you are already living like her, right now, even in a small way?

- 10 What would you have to believe about yourself first, before the success could even land?

SECTION THREE

Your relationship to challenges

- 1 What story do you tell yourself in the first few seconds after something goes wrong?
- 2 Where did you learn to respond to hard things the way you do?
- 3 What is the difference between the setback itself and the meaning you attached to it?
- 4 What have you already survived that you do not give yourself enough credit for?
- 5 What is a pattern that shows up every single time you hit real resistance?
- 6 If this was not a verdict on who you are, what would it just be?
- 7 What would you tell a teammate going through exactly what you are going through right now?
- 8 What might you be protecting yourself from by staying stuck here?
- 9 Separate from how it felt, what is this actually trying to teach you?
- 10 What is one small action this week that proves you are not the story you have been telling yourself?

SECTION FOUR

Your relationship to others

- 1 Who do you become around the people who know you best?
 - 2 What relationship in your life is quietly costing you the most right now?
 - 3 Who sees the real you, underneath the performance, and how often do you let them?
 - 4 What do you give the people around you that you rarely let yourself receive?
 - 5 Where are you performing for someone instead of actually connecting with them?
 - 6 How would your teammates describe you, honestly? Is that who you actually want to be?
 - 7 Who taught you what support is supposed to look like, and is that still true for you?
 - 8 What does it actually feel like in your body when someone truly has your back?
 - 9 Where do you shrink yourself just to keep the peace?
 - 10 What kind of person do you want to be for the people who are watching how you handle things?
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SECTION FIVE

Your relationship to performance

- 1 What did today actually ask of you, and did you show up for it?
- 2 What is the difference between how you performed today and who you actually are?
- 3 What is one thing you did today that no one else will ever see or know about?
- 4 Where did you choose discipline over how you felt in the moment?
- 5 What does your best look like, completely separate from the scoreboard?
- 6 What did you learn about yourself today that has nothing to do with the result?
- 7 What is one habit that is quietly building the athlete you are becoming?
- 8 If today was the only thing anyone ever knew about you, what would it say?
- 9 What are you doing on the days no one is grading you?
- 10 What is the very next rep, literal or otherwise, that actually moves you forward?

CLOSING

About Coach Bella



I am the founder of BVSA, a Holistic Sports Performance training company for female athletes, and a certified yoga and meditation teacher. I coach the mind and the body together, because performance is never really just one or the other.

My own turning point came from learning to rewire my thoughts, not from training harder. Once I stopped tying my worth to results, I started naturally taking the steps that helped me grow, compete, and take care of myself, and performance followed. That is the work I do now: helping athletes understand their own programming and rewire it, from the inside out.

It is my hope that these questions help you get to know who you are, on and off the field, so the outer athlete gets to be built on a strong inner one.

Train from the inside out,
Coach Bella

LET'S CONNECT

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