

### Monitoring Self-Talk: Critic to Coach

### Inner Critic

*Write down your self-talk*

e.g. What if I forget the notes...?

[illegible]

## Self-Coach

*Rephrase your self-talk into positive, strong comments*

e.g. I've played this heaps from memory, I know it well, it will be fine.

This image shows a blank sheet of white paper designed for handwriting practice. It features ten identical rows of horizontal dashed lines, evenly spaced from top to bottom. Each row consists of a single continuous line of small dashes, providing a guide for letter height and placement. The margins are consistent across all sides, and there are no other markings or text on the page.