

Self-talk Videos

Best: Instructional Self-talk (Great images & grabs attn)

<https://www.youtube.com/watch?v=9vdmrPp80Q4>

Micheal Jordan (not clear, but really good – mental part is hardest part – really good!)

<https://www.youtube.com/watch?v=xIFRZmUmaYI>

Athletes on Self-talk

<https://www.youtube.com/watch?v=BRJLfTIPpBE&t=6s>

No images but great talk (play daily)

<https://www.youtube.com/watch?v=zXuR2WUH4Fc>