



Self-Compassion Reset Plan Worksheet

Name: _____

Why This Matters

The way you talk to yourself after mistakes affects your focus, confidence, and enjoyment of the game. Self-compassion helps you reset faster and stay in the moment.

Step 1: Recognizing Self-Criticism

When am I most likely to be hard on myself?

(Check or fill in)

- Missing serves
- Passing errors
- Hitting errors / getting blocked
- Setting mistakes
- Getting benched
- After a loss
- Other: _____

One specific moment I struggle with:

Step 2: Notice

What do I usually think or feel in that moment?

Step 3: Normalize

Remind yourself: mistakes are part of sport.

Write a reminder you can use:

Examples:

- "This happens."
- "Mistakes are part of volleyball."
- "I'm not the only one."
- "Growth mindset."

My reminder:

Step 4: Respond (My Reset Thought)

What can I say to myself that helps me move forward?

Examples:

- "Next ball."
- "Reset and go."
- "I'm still in this."
- "Keep evolving and adjusting"

My reset phrase:

Step 5: My Reset Action

What will I *do* physically to reset?

- Take one deep breath with a long exhale
- Go back to base position
- Call the next play or communicate with a teammate
- Make eye contact with a teammate
- Other: _____

My reset action:

Step 6: Put It Together

Write your full reset plan:

When _____ happens, I will...

1. Notice: _____
2. Normalize: _____
3. Respond: _____
4. Action: _____

Reflection (After Practice or Competition)

Did I use my reset plan? Yes Sometimes Not yet

What helped me reset?

What was challenging?

What will I try next time?

Reminder

You don't have to be perfect—you just have to return.

One reset at a time builds confidence.