



Mind Game Strong: Tennis Visualization Worksheet



Step 1: Set the Scene

Where are you playing?

- ☐ A school match
- ☐ A tournament match
- ☐ A new court I've never played on

What do you see, hear, and feel?



Step 2: Face the Challenge

Pick one tough moment to imagine:

- ☐ I double-faulted
- ☐ I missed an easy shot
- ☐ My opponent is playing really well
- ☐ I'm losing a set
- ☐ The crowd or coach is watching closely

How do you want to respond?



Step 3: See Yourself Succeed

What's your comeback move?

- ☐ I focus on getting my first serve in
- ☐ I stay calm and focused
- ☐ I commit to working a long rally
- ☐ I cheer myself on and reset

How do you feel after?

- ☐ Confident
- ☐ Focused
- ☐ Proud
- ☐ Energized



Step 4: Power Phrase

Pick one or write your own:

- ☐ “I play smart and strong.”
- ☐ “Every point is a new chance.”
- ☐ “I’ve trained for this.”
- ☐ _____

Say it out loud 3 times!



Track Your Practice

Color in a tennis racket each time you visualize this week:

