



COACHING YOURSELF UP ACTIVITY PACK FOR MINDSET MOVES, MENTAL PERFORMANCE + RESILIENCE

IN COLLABORATION WITH GREG GRABER,
GRABER PERFORMANCE COACHING



SWITCH THE SCRIPT

Mindset Move

HALFTIME HUDDLE

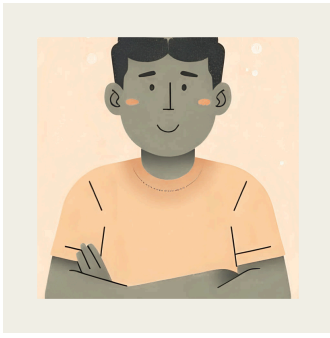
Mindset Move

REWIND + REPLAY

Mindset Move

POWER PHRASES

Mindset Move



COACHING YOURSELF UP

INTRODUCTION FOR THIS ACTIVITY PACK

~ BY GREG GRABER, GRABER
PERFORMANCE COACHING

OPTIONAL: READ + SHARE THIS REFLECTION WITH THE YOUTH IN YOUR CARE.

Do you ever stop and notice the way you talk to yourself? I don't mean out loud. I'm talking about the inner dialogue that runs through your mind more often than you might realize. Most people don't give much attention to it, but if you start to notice it, and learn to guide it in a positive direction, you'll be on the path toward better self-fulfilment, stronger performance, greater productivity, and overall wellbeing.

One of the world's most famous footballers was dealing with this recently. No matter how hard he tried, he kept messing up on a drill in training. His wise manager, aka "the gaffer," noticed and asked what he was thinking while this was happening.

The player said, "I kept getting more nervous each time. I wanted to quit, because I was having negative thoughts. I felt like I wasn't good enough to be on the team."

If you think about it, his situation is not uncommon. More times than not, when we feel like we have failed at something or have fallen short on a task, that little voice in our head (the ego) berates us. Because of this, we are usually much harder on ourselves when something goes wrong than we would be to a teammate or loved one under the same circumstances.

The reason this happens is because it is the ego's job to protect us from perceived threats, whether real or imagined. The ego wants us to avoid what it considers to be dangerous, embarrassing, or precarious situations. In doing this, the ego's intentions are in the right place, but it often goes overboard. From an evolutionary perspective, the ego, by always protecting us from perceived "right around the corner" dangers, has helped our species to survive for thousands of years. This was especially helpful in primitive times when our ancestors feared being attacked by a rival hunting and gathering tribe or a pack of large stampeding animals. However, in today's modern society, we really do not have to worry about being on "red alert" for daily survival, even though we are still wired this way.

So, what can we do about it? We can start paying attention to what our ego or inner voice sounds like when we get stressed out. It's important that we do not try to resist it. This will only make the voice stronger. Instead of trying to fight it, ignore it, or stuff it away, we should bring our awareness to what it is saying. If we find that the voice is being harshly critical of us when something isn't going our way, we can do what the gaffer ended up telling the player to do: "Coach yourself up,"

When the wise gaffer told the player to coach himself up, he was not suggesting that he talk to himself in an overly cheesy way. Instead, he encouraged him to use his authentic voice and to mentally "coach himself up," whenever he hears that inner critic berating him in his mind.

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When the gaffer told him this initially, the player looked at him like he was mad. Then the gaffer explained it by asking him this, "How do you speak to a teammate that is having a rough time on the pitch?" He responded by saying, "I encourage them." The gaffer told him that's what he wanted him to do with himself from now on. It makes no sense that when we mess up, we are hard on ourselves, but when a teammate messes up, we try to lift them up, whether it's a high-five, a slap on the backside, or a few words of encouragement. We need to start doing this with ourselves as well.

When we learn to coach ourselves up, we master the skill of learning from our mistakes in order to get better.

Think of ways you can apply this to your life. Coaching yourself up has positive benefits that reach far beyond the football pitch too. Are you able to calm the inner critic in your head and reset by coaching yourself up? When is the last time you have coached yourself up after a work or social situation that didn't go as planned?

We can't always depend on others to lift us up when we need it, but we can learn to become more self-sufficient at doing it for ourselves. Coaching yourself up is a self-regulation skill that is worth practicing, because while we can't always control what happens to us, we can control our response. There is great power in this.

~ Greg Graber

BENEFITS OF THIS ACTIVITY PACK:

Learning to coach yourself up builds inner strength, resilience, and self-awareness. Instead of letting negative thoughts take over, you practice encouraging yourself like you would a teammate. This skill helps improve confidence, focus, and emotional regulation, on and off the pitch. **You can use these tools as preparation for when challenge arises, so you or those you support are best prepared with coping tools to see them through.**



SWITCH THE SCRIPT

Purpose: This activity helps young men build confidence and resilience by replacing harsh self-talk with the kind of support they'd give a teammate. It strengthens emotional control and encourages a more positive, performance ready mindset.

Scenario:

You find yourself struggling in a big moment such as missing a shot, saying the wrong thing, or freezing under pressure.

What to Do:

Fill in the prompts below to help you understand how to manage this situation, switch the script in your head from negative to positive thoughts, and build the confidence to apply it in a real-life moment.

Pause and write down what your inner voice would be saying in a challenging moment:

Write or think: "If a mate did the same thing, what would I say to them?"

Now, say those words to yourself whenever you need to switch the script and coach yourself up.

MINDFUL NOTE:

Talking to yourself like you would a teammate builds confidence and trust in yourself.



HALFTIME HUDDLE

Purpose: This activity helps you pause, reset, and refocus when things aren't going to plan. Like a quick team talk, it builds self-awareness and encourages small, positive adjustments to keep going with confidence.

Scenario:

Things aren't going well in the middle of a task, revision, training, or a conversation.

What to Do:

Just like a halftime huddle, take a moment to pause, breathe, and reflect. Fill in the prompts below to help you understand how to manage this situation, and build the confidence to apply it in a real-life moment.

What feels off or isn't going the way I hoped right now?

What's one thing I can do differently to get back on track?

If I were coaching a teammate through this, what would I say to them right now?

Now, say those words to yourself whenever you need to switch the script and coach yourself up.

MINDFUL NOTE:

Small check-ins can reset your energy and help you carry on stronger.



REWIND + REPLAY

Purpose: This activity helps you reflect on tough moments without self blame. By mentally rewinding with self coaching and calm advice, you build emotional resilience and prepare to respond better next time.

Scenario:

You keep replaying something that went wrong such as an awkward moment, a loss, or a mistake.

What to Do:

Take a moment to mentally rewind what happened. Instead of focusing on the mistake, imagine calmly coaching yourself through it. Then replay it with that support. Use the prompts below to reflect and build confidence for next time.

Close your eyes and mentally rewind the situation like a match replay. What happened that is on your mind?

Now replay it—this time, imagine calmly coaching yourself through it. What would you say? How would it look?

Now ask yourself: How would it feel if I handled it that way next time?

Remember your uplifting words the next time you need to coach yourself up.

MINDFUL NOTE:

Visualisation helps train your brain to respond better under pressure.



POWER PHRASES

Purpose: This activity is the ultimate “Coaching Yourself Up” activity! It helps you face tough moments by shifting your inner voice from self-criticism to encouragement. Using power phrases trains your mind to stay calm, focused, and confident, even when things feel overwhelming. It’s a simple way to build emotional strength and respond to challenges with a clearer head.

Scenario:

Your inner voice is getting loud and negative before or during a challenge.

What to Do:

Choose a Power Phrase, a short, encouraging line you can say to yourself in tough moments, to help steady your thoughts and shift your mindset in real life. Write them in the space below, and get as creative as you like with colour, doodles, or designs that help the words stick with you when you need.

**I AM STRONG
I AM CAPABLE
I AM RESILIENT**

*I am
Limitless*

*I ADD VALUE
TO THE
WORLD*

*I am
Brave*

I matter!

A large rectangular area for writing, framed by a dotted orange border.

MINDFUL NOTE:

Repeat your Power Phrases slowly while taking deep breaths in a moment of need.



about the here founders

JEN ARMSTRONG, MSc

- Master of Science, Developmental and Educational Psychology (October, 2013)
- Bachelor of Science, Psychology with Sociology (July, 2012)
- 200-hour RYT Ashtanga Vinyasa Flow Yoga Teacher Training
- 8-week MBSR (Mindfulness Based Stress Reduction)
- 95-hour RCYT Children's Yoga Teacher Training
- Parent and Baby Yoga Teacher Training
- Trained facilitator in Roots of Empathy, The Parent Nurture Program, Teen Talk Parenting Program, Restorative Approaches, Motivational Interviewing and Solutions Focused Therapy.
- 7 years experience of Family Support Work / Parenting Support Work
- 6 years experience of mentoring and supporting young people.
- Nutritional advisory course
- Mindfulness Curriculum Developer

DANA OLSON

- UK Government/Tech Nation Exceptional Talent Visa in Digital Technology (1 of 200 recipients worldwide 2016)
- Techstars/Microsoft Alumni (Seattle)
- Seattle "Female Founder to Watch." (Women 2.0)
- Fanzo Co-Founder (Seattle, Angel-funded)
- Founder of BoastHouse (creative development, marketing and communications consulting)
- Other career chapters... Omaha WOWT/Channel 6 Broadcast News Reporter + Corporate and Non-profit Public Relations, Marketing and Communications
- Current and Past Philanthropy: Brackenbury Village Residents Association, The Nebraska Medical Center Auxiliary Board, American Cancer Society, Volunteer Co-Founder of the Midlands Humane Society, The David Spence Cancer Foundation
- Mentor to startup founders and young professionals



ABOUT OUR SPECIAL CONTRIBUTOR, GREG GRABER

Greg Graber is an internationally respected leadership and mental performance coach who helps teams, schools, organizations, and individuals thrive under pressure. With a foundation in mindfulness-based practices, Greg teaches people how to stay grounded, focused, and resilient in fast-paced, high-stakes environments. His practical, science-backed approach has made him a go-to expert for elite performers across industries — from professional sports and education to healthcare, hospitality, and law enforcement. Clients include: NBA's Memphis Grizzlies, University programs such as LSU, Alabama, Texas, TCU, Marquette, VCU, University of Memphis, Rice University, George Washington University, McNeese State, Siena College, and many more. Also, elite competitors from the NFL and NBA, Major League Soccer goalkeepers to Ironman triathletes, Leadville 100 racers, and even an Olympic bobsledder. Corporate clients include Entergy Corp, Hilton Worldwide Hotels, FEDEX, St. Jude Children's Research Hospital, The Virginia Department of Corrections, Shamrock Foods and more.

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