

**Website menu- Tools to perform
Performance indicators, Positivity & self talk**

Performance Indicators – POSITIVITY & SELF TALK

Self talk is used for positive reinforcement

Use it on team mates when they go ‘missing’ to counter their own negativity

Positive people are amazing to be around

Be a positive person in the team

Use it or lose it (the contest)

Lachlan Tighe, 2015.