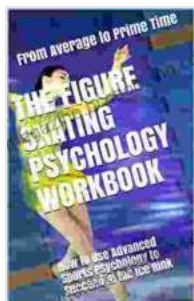


# The Figure Skating Psychology Workbook: A Step-by-Step Guide to Achieving Optimal Performance



**The Figure Skating Psychology Workbook: How to Use Advanced Sports Psychology to Succeed in the Ice**

**Rink** by Kevin Marx

★★★★☆ 4.5 out of 5

Language : English  
File size : 2206 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 69 pages  
Lending : Enabled



Are you a figure skater who wants to improve your mental game and achieve optimal performance? Do you struggle with focus, confidence, motivation, or resilience on the ice? If so, The Figure Skating Psychology Workbook is the ultimate resource for you.

This comprehensive workbook provides a step-by-step guide to developing the essential psychological skills needed for success in figure skating. With practical exercises, worksheets, and case studies, The Figure Skating Psychology Workbook will help you overcome mental barriers, enhance your performance, and reach your full potential on the ice.

## **What's Inside The Figure Skating Psychology Workbook?**

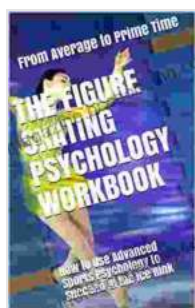
- **Section 1: The Foundations of Mental Toughness**
  - Understanding the mental game of figure skating
  - Developing a growth mindset
  - Building self-confidence
  - Setting realistic goals
  - Creating a positive training environment
- **Section 2: Focus and Concentration**
  - Improving focus and concentration on the ice
  - Dealing with distractions
  - Visualizing success
  - Using mental imagery to improve performance
- **Section 3: Motivation**
  - Finding and maintaining motivation
  - Setting intrinsic goals
  - Using positive self-talk
  - Dealing with setbacks
- **Section 4: Resilience**
  - Developing resilience in the face of challenges
  - Learning from mistakes

- Dealing with pressure and competition
- Maintaining a positive attitude

## How The Figure Skating Psychology Workbook Can Help You

- Improve your focus and concentration on the ice
- Build self-confidence and overcome self-doubt
- Increase your motivation and drive
- Develop resilience in the face of challenges
- Enhance your performance and reach your full potential

If you're ready to take your figure skating to the next level, The Figure Skating Psychology Workbook is the ultimate resource. Free Download your copy today and start developing the mental skills you need to achieve optimal performance.



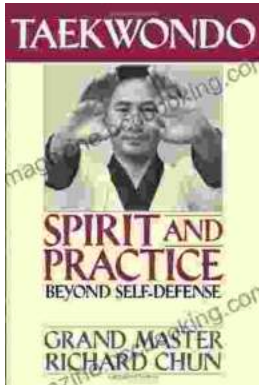
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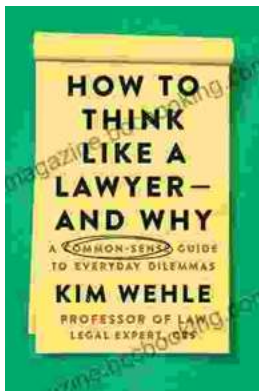
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