



MTP ACADEMY

FOCUS CYCLE

The Focus Cycle is a tool that teaches you how to control your mind and body during high-pressure situations or “Big Moments.”

1. Step 1 – **Automatic Reaction:** Be aware of how your mind and body automatically react to Big Moments.
 - *What do you focus on?*
 - *What do you say to yourself?*
 - *How does your body react?*

2. Step 2: **Emotions**
 - *What automatic emotions does this reaction create?*
 - *What intentional emotions would you like to feel to help you perform at your best?*

3. Step 3 – **Intentional Response:** If you want to create those emotions, what kinds of things do you need to do and say to yourself?
 - *How will you bring down your heart rate, think clearly, and relax your body?*
 - *What are you going to say to yourself rather than listening to the negative voice in the back of your mind?*
 - *What do you need to focus on so that you can perform at your best?*

4. Step 2: Game Plan
 - *When will it be the most difficult for you to control your mind and body?*
 - *What will you do in those moments?*



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Big Moment:

MY TOOLBOX

Body:

Self-Talk:

Focus:

TOP-DOWN

Intentional Emotions:

REACTION

Focus:

Self-Talk:

Body:

Automatic Emotions:

BOTTOM-UP

GAME PLAN

When This Happens...

...I will do this