



Name \_\_\_\_\_

# COMPETE!

## Training 7: Preparation (book chapter 6)

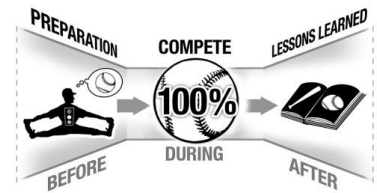
1. "Get your Inner Signal Light as \_\_\_\_\_ as you can right now."
2. Minimize time on the \_\_\_\_\_ Roller Coaster.
3. The "Secret" to consistency is:  
\_\_\_\_\_



4. Hank Aaron is roughly \_\_\_\_\_ miles of base running ahead of Stan Musial (#2).
5. Aaron said his ability to \_\_\_\_\_ came from his \_\_\_\_\_.

6. To help yourself be more consistent: \_\_\_\_\_  
the game, and

Create a \_\_\_\_\_ for each segment.



### Do It! Practice

Helps me be Green

Triggers Yellow Lights

