

**WORKSHEET V-12.****What Are You Working on Today?**

Before the game/match (or practice or lesson), answer the following questions, in writing or with audio or by videotaping:

- What ONE strategy or tactic are you working on today? \_\_\_\_\_

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- What ONE technical skill are you working on today? \_\_\_\_\_

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- What ONE mental-emotional habit are you working on today? \_\_\_\_\_

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During the game/match (on changeovers and between sets, or during time-outs or end-changes in pickleball, and during practice), read your answers. If it's during practice, you can LISTEN to/WATCH VIDEO of your answers!