

Cannibalizing Confidence: Defeat Your Inner Zombie Critic

Hey Hockey Warrior! Ever feel like your own mind is eating away your confidence? Negative self-talk is like a zombie hockey player - relentless, exhausting, and destructive. Let's bench that zombie and get your confidence back on the ice!

Activity 1: 'Zombie Talk' - Identify Your Inner Critic

List 3 negative thoughts (zombie talk) that haunt you during games or practice:

1. _____
2. _____
3. _____

Now, cross each one out like defeating a zombie opponent!

Activity 2: Silencing the Zombies

Replace each negative zombie-talk with a positive, confident phrase. Think like your own MVP coach:

Zombie Talk: _____

MVP Coach Talk: _____

Zombie Talk: _____

MVP Coach Talk: _____

Zombie Talk: _____

MVP Coach Talk: _____

Activity 3: Gear Up Against Zombies

Imagine protective gear that defends against negative self-talk. Choose your gear and assign a confidence booster:

Helmet (Positive Thoughts): _____

Shoulder Pads (Support from Teammates): _____

Gloves (Skills You Trust): _____

Skates (Motivation to Keep Going): _____

Activity 4: Zombie Coach vs. MVP Coach

Zombie Coach: What harmful things does the Zombie Coach say?

MVP Coach: How does your MVP Coach respond to lift you back up?

Final Reflection

Remember: You're not alone facing the zombies of self-doubt. Everyone battles them.

Write one powerful affirmation that you'll remind yourself before each game or practice:

Bench the zombies. Unleash your confidence!



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