

FlowFactor Game Day Reset Routine



A 5-Minute Mental Routine to Refocus and Perform With Confidence

Whether it's a big game or just another rep at practice, elite performers know how to reset their mind fast. Use this proven 3-step routine before games, between plays, or after mistakes to lock back in.

Step 1: Center Your Breath

Take 3 slow, deep belly breaths. Inhale for 4 seconds, hold for 4, exhale for 4, and hold for 4. Feel your feet on the ground. Drop your shoulders. Be here now.

Step 2: Use Your Cue Word

Say a powerful, personal cue word to yourself. It could be:

- "Lock In"
- "Breathe"
- "Next Play"

Choose one that flips the switch. Keep it short and sharp.

Step 3: Visualize Execution

See yourself doing what you want to do — one rep, one play. Clear, controlled, confident. Visualize the outcome and how it feels.

Reset Checklist

- 3 Deep Breaths
- Cue Word Spoken or Thought
- 5-Second Visual Rehearsal
- Physical Reset (snap, clap, shake out)

Bonus: Mental Refocus Script

"I'm here. I'm ready. I've prepared for this. Focus on the next play."

Practice this daily before practice or games — consistency builds confidence.

Want more mental reps? Explore FlowFactor's full athlete resources at flowfactorlab.com