



## Getting the Reps with: UCLA Softball's Sue Enquist

### Strong Voices

#### Key Takeaways

- Everybody has a strong voice - "I got this!" - and a weak voice - "I'm not good enough."
- Be aware of how much your weak voice controls the conversation in your head.
- When our friends are struggling we're helpful and supportive but we don't always treat ourselves like that. What if you gave yourself the same advice that you'd give to your best friend?

#### Things to Think About

- What kind of things does your strong voice say?
- What kinds of things does your weak voice say?
- What is something you might say to yourself that you would never say to your best friend? How would you rephrase it for them?

#### Ways to Practice

- Take a piece of paper and write your "Weak Voice" thoughts on one side and your "Strong Voice" thoughts on the other. Give examples of what those voices sound like when you play, when you're at school or when you're home.
- Try to catch yourself the next time you use your Weak Voice. Think about what you would say if you were using your "Best Friend Advice".

