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Creating a Recognize, Release, and Refocus Routine:

An essential skill to develop when it comes to self-control and moving on from mistakes or strong emotions is to be able to recognize when you are off track and have something to go to so you can get back to a positive mindset. This is what I call the Recognize, Release and Refocus Routine. The goal of this is to get you back into a “green light mentality”, in a place where you are confident and focused in the present moment and your goals.

STEP #1 – RECOGNIZE

“That which you are aware of, you can change. That which you’re NOT aware of, you can’t do anything about.” The first step toward maintaining self-control and discipline is to recognize when and where it’s happening so you can begin to **DO** something to offset it.

Remember, the idea of “signal lights” is just like driving a car. If you’re driving your car and you come to a green light, you GO. There isn’t any thought process, you just go. BUT, if you’re driving your car and you come to a yellow or red light, you slow down and STOP. That is the first step in this routine, you RECOGNIZE when you’re losing self-control. **Take some time to complete the “BFS” (Body Language, Focus, & Self-Talk) at the end of page three.**



You are out of control and are mentally beating yourself in performance

You are losing control. You are starting to lose the focus and mindset needed for peak performance.

You are in control. You are giving yourself the best chance for success

Step #2 – RELEASE

When you recognize a “yellow” or “red” light through the “BFS” process, immediately go into a “release” routine to turn off the negative response and get back into a place



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where you have greater self-control and discipline to focus on the present moment/goals.

Three Step Release Routine:

1. **Do something physical** – initiates your release routine (ex. claps hands, wipes hands on shirt, etc.)

What is your Physical Release? Answer: _____

2. **Take a deep breath on a focal point** – Something to look at while taking a deep breath to remind you to get back to the present moment. (Ex. red dot, wristband, logo on wall, etc.) Whatever you use – make sure it is something that you can use as an association to come back to the present moment and go “green.” By taking a deep breath, you’re essentially resetting – or refocusing – your body and mind to be in a state of focus and relaxation.

What is your release focal point? Answer: _____

Steps #3 – REFOCUS

1. **Have a verbal trigger:** - this is the final signal that releases you from the stressful situation and brings you back to the present moment. Your verbal trigger could be as simple as saying the word “release”, to indicate you’re letting go of the stress you’re experiencing. Other verbal triggers can be ‘focus’, ‘play present’, ‘mentally tough’, ‘let go’, etc.

What is your verbal trigger? Answer: _____

Step #4 – REPEAT

Repeat the process anytime you’re feeling stressed and overwhelmed, or when your body language, focus, and self-talk (BFS) indicates you are in a “yellow” or “red” light situation.



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With practice, you'll discover applying the process is something you can do within just a few seconds – and something you can literally use repeatedly throughout the day as you're facing stressful situations.

Describe below what your Body Language, Focus, and Self Talk is like when you are At Your Best and When You Struggle.

	At My Best	When I Struggle
Body Language		
Focus		
Self-Talk		