

# BRING YOUR MIND TO THE GAME

## SPORT PSYCHOLOGY

&

## MENTAL TRAINING

**KUNASHNI PARIKH**  
CLINICAL AND SPORTS PSYCHOLOGIST



## Cue Words for High-Pressure Situations

### What is a cue word?

A cue word is a **single word or short phrase** that directs attention away from technique and toward flow.

In pressure moments, your conscious brain tries to take control of skills that should run on autopilot. That overcontrol is what causes performance drop. A cue word gives your mind something simple to hold onto and reduces interference, so your body can do what it already knows.

### Cue Word List


#### Movement Cues

- Smooth
- Loose
- Fast
- Tall
- Sharp
- Flow

#### Target Cues

- Seams
- Target
- Rim
- Spot
- Line
- Breathe

Continued 



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### **Personal Cues**

Words that remind you who you are or why you compete.

- Trust
- Belief
- Earned
- Ready
- Home
- Strength
- This is me

Tip:

Your best personal cue usually connects to a past win, a tough comeback, or a value you care about. If it gives you a small emotional shift, it's working.


### **Focus Cues**

- Focus
- Lock in
- Here
- Now
- One
- Present

### **Motivational Cues**

- Come on
- Let's go
- Attack
- Go
- Push
- Fire

Continued 



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## How to choose the right cue in the moment

- Too tense or overthinking → **External or focus cue**
- Low energy or flat → **Motivational cue**
- Self doubt creeping in → **Personal meaning cue**

## Final Note

Cue words are not magic.

They work because they **occupy the conscious mind just enough** so your automatic skill can run cleanly.

Simple word.

Clear focus.

Smooth execution.

What's your cue word going to be? \_\_\_\_\_