

Code Words/Statements

Take this opportunity to develop some quick cue words to activate important mental states. Words may remind you of your 'why', may help energize you, or can help calm you down. They may also serve as specific technical or personal reminders.

Code Word/ Statement	Meaning /Association	What it cues
ex) One Step	Breaking things into manageable chunks.	<ul style="list-style-type: none">• Calm• Focus