

# CARNET MENTAL DU JOUEUR

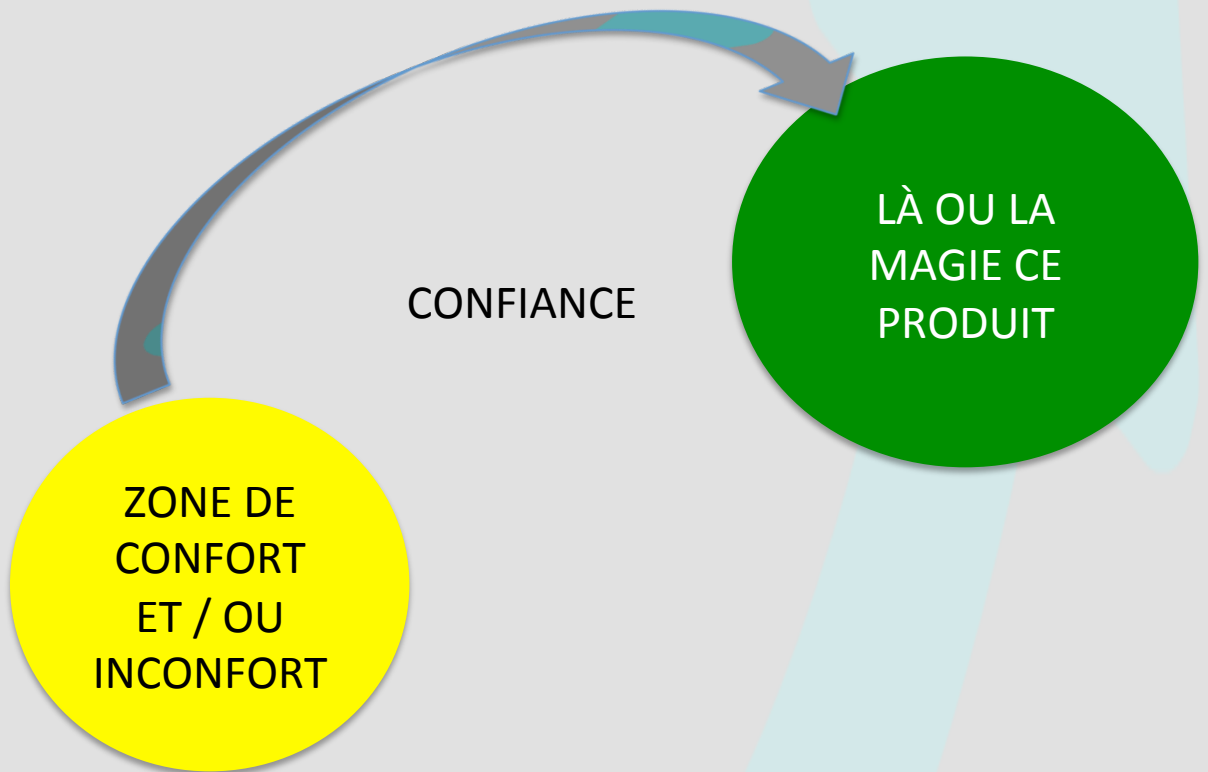


**GUILLAUME DUVAL**  
*HYPNOPERATEUR - PREPARATEUR MENTAL*

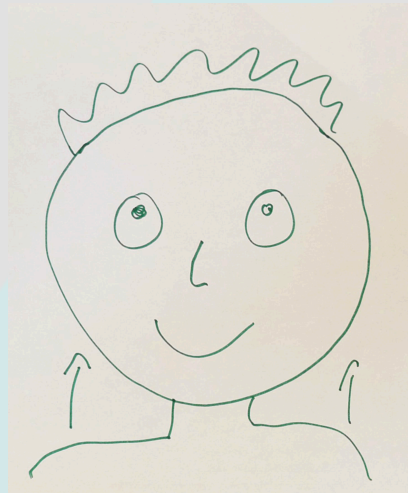
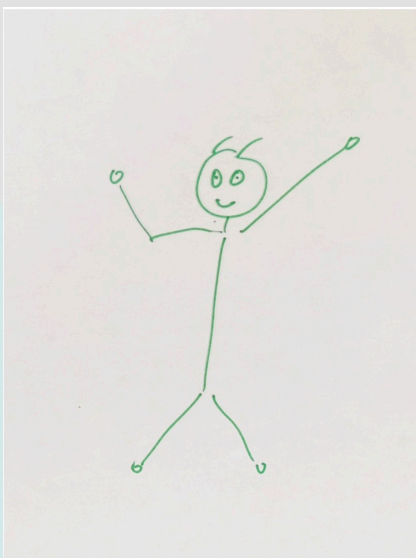
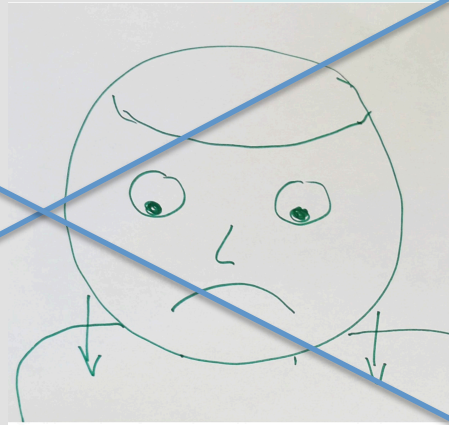
[contact@performance-et-changement.com](mailto:contact@performance-et-changement.com)

**0662642542**

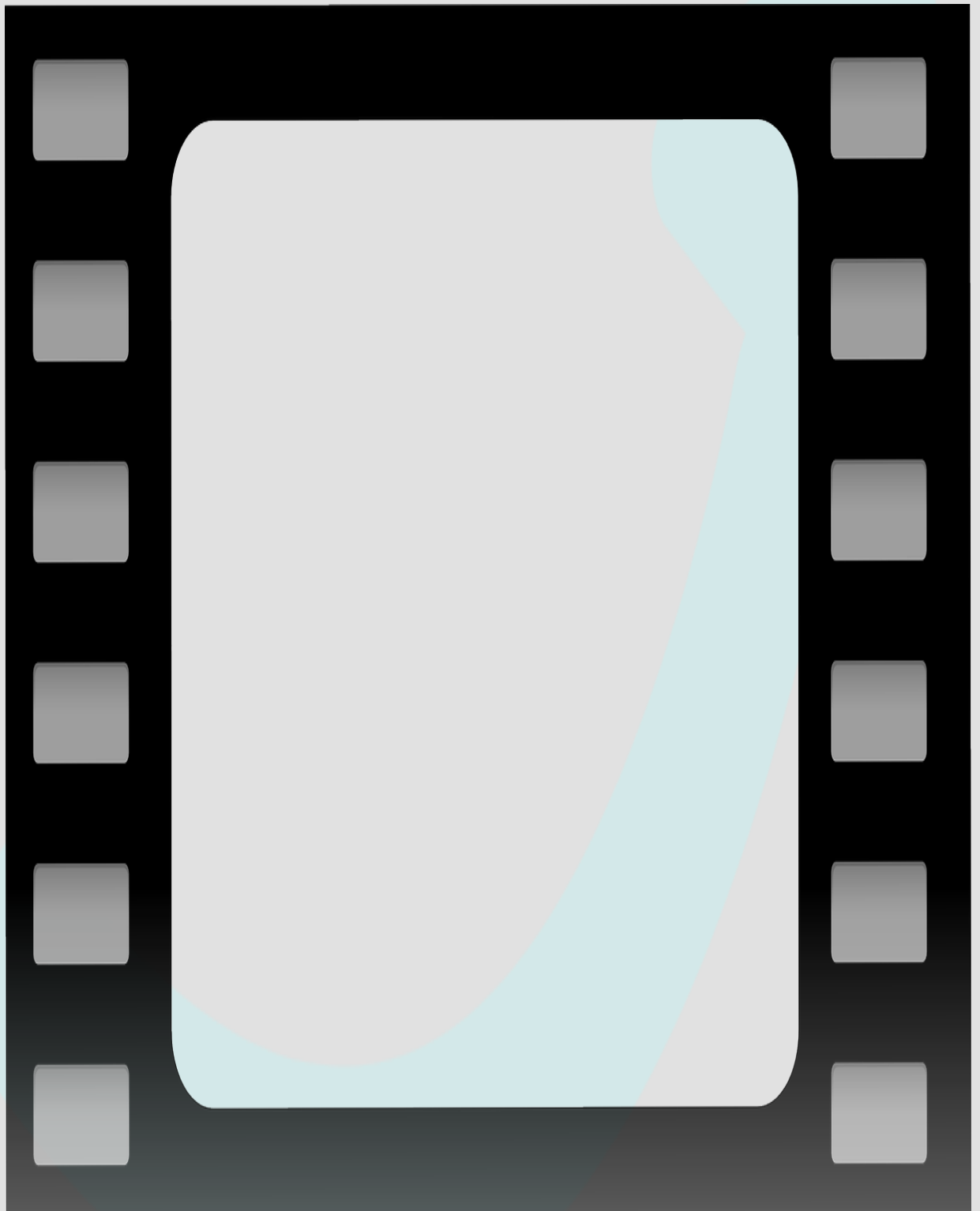
# LA CONFIANCE



# Adopte une attitude confiante



Prends toi en photo en attitude confiante



# Mes moments de confiance

Moment 1 :

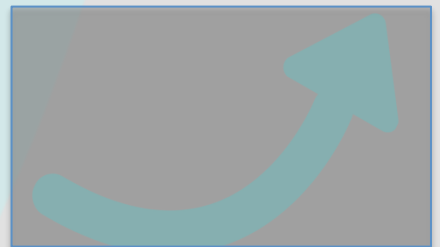
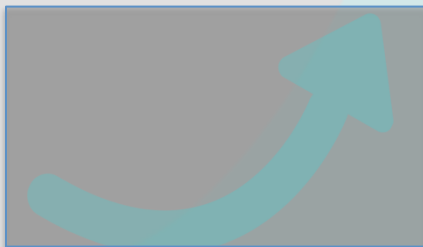
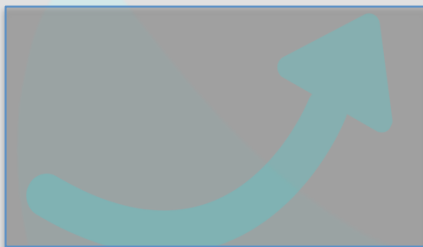
Moment 2 :

Moment 3 :

# Prends conscience de tes forces ( capacités)

Fais une liste de tes 9 meilleurs capacités, compétences, talents

CONTEXTE :



# Choisis tes mentors



Ami ou quelqu'un de la famille qui a une certaine influence positive.



Quelqu'un que tu admires qui t'influence  
Coach / prof / sportif



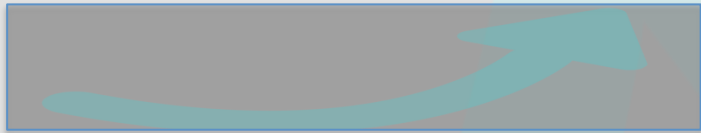
Un personnage fictif qui t'influence



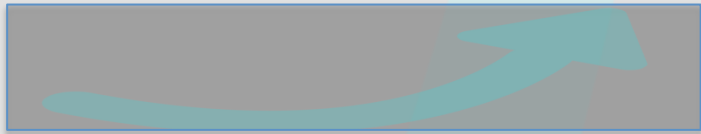
# Crées ton mantra



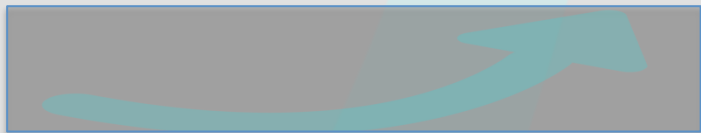
Je suis



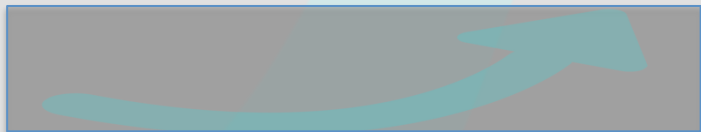
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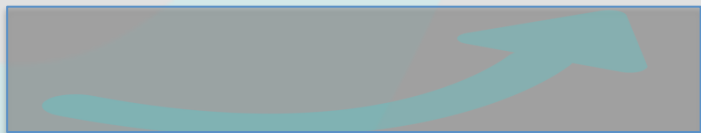
Je suis



Je suis



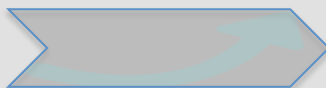
Je suis



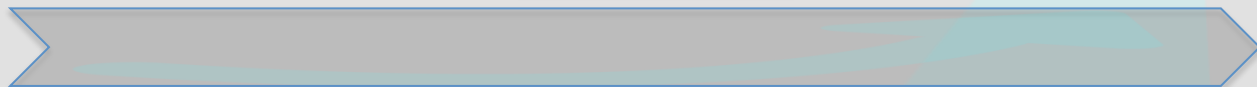


# Le portrait chinois d'un mentor qui incarne la confiance

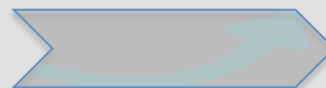
*Si mon mentor était un animal, ce serait*



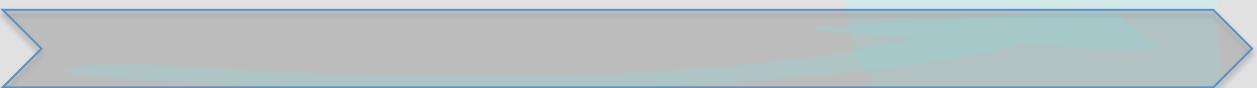
*Parce que*



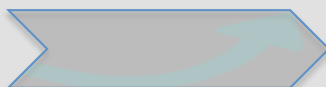
*Si mon mentor était un végétal, ce serait*



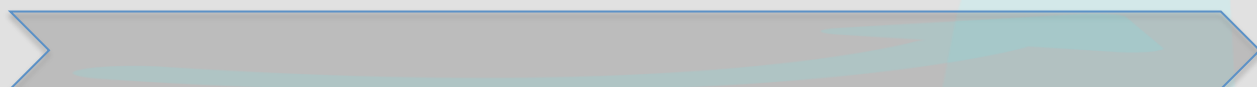
*Parce que*



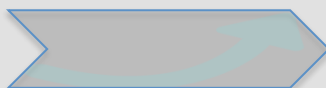
*Si mon mentor était un minéral, ce serait*



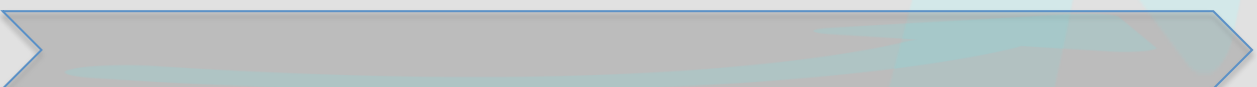
*Parce que*



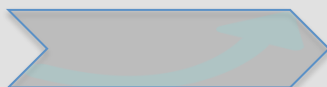
*Si mon mentor était une saveur, ce serait*



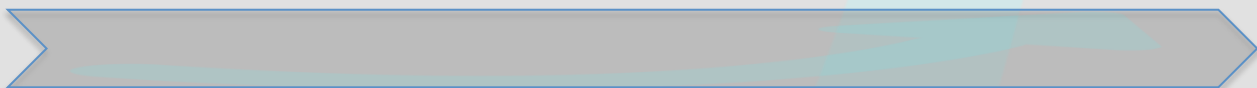
*Parce que*



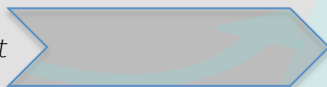
*Si mon mentor était une odeur, ce serait*



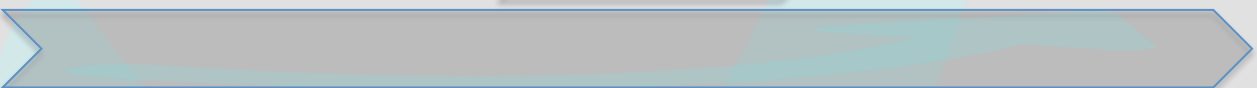
*Parce que*



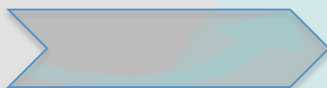
*Si mon mentor était un paysage, ce serait*



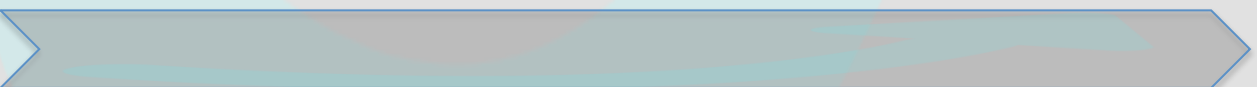
*Parce que*



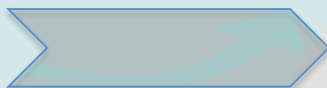
*Si mon mentor était un aliment, ce serait*



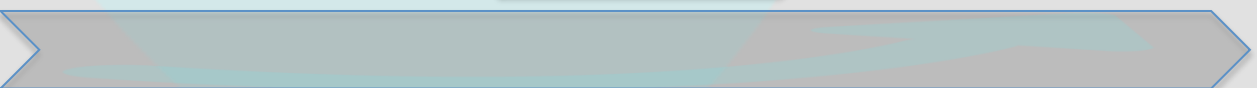
*Parce que*



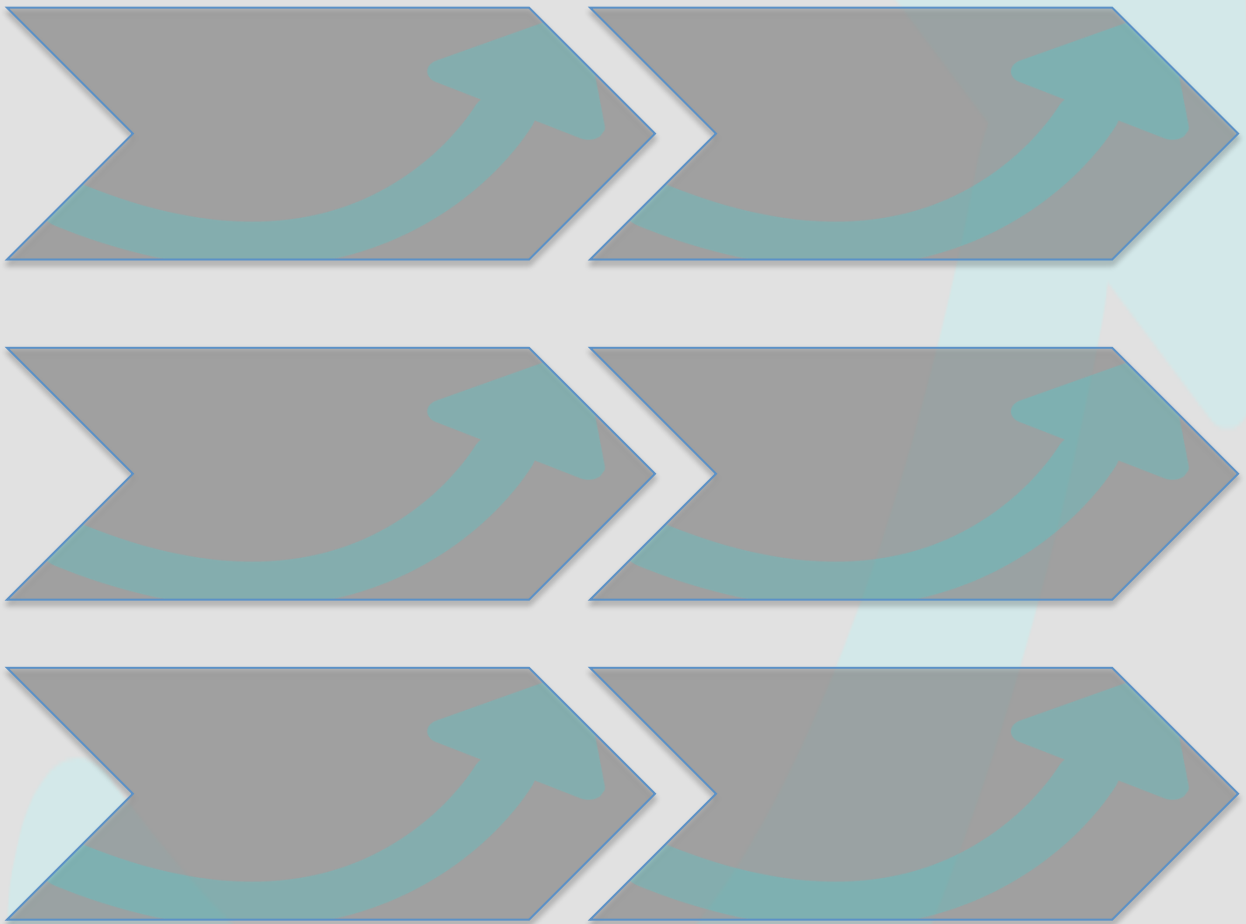
*Si mon mentor était un objet, ce serait*



*Parce que*



# LISTES TES PERSONNES RESSOURCES



# Carnet de Confiance

## Semaine 1

Lundi

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Mardi

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Mercredi

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Jeudi

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Vendredi

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Samedi

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Dimanche

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Ce que je retiens de ma semaine :

# Carnet de Confiance

## Semaine 2

Lundi

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Mardi

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Mercredi

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Jeudi

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Vendredi

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Samedi

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Dimanche

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Ce que je retiens de ma semaine :

