



4. Describe which elements of Mood Control look like they will help you the most.
  
  
  
  
  
  
  
  
  
  
5. Explain your commitment to take control of your own emotions. How committed are you? Why? What are you going to do *before* a competitive situation to prepare to control your mood? What are you going to do *during* a competitive situation to control your mood? Etc.