

The Inner Game of Tennis

by W. Timothy Gallwey

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

01 Use bounce-hit attention

For ten minutes of any practice, silently say bounce when the ball or task arrives and hit when you respond. Keep attention on timing instead of commentary.

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02 Translate one judgment into data

When you hear 'that was terrible,' replace it with observable facts: where it landed, how it sounded, what your body felt, and what changed.

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03 Give Self 2 one clean cue

Before a high-pressure attempt, choose one sensory cue such as seams, sound, height, or breath. Do not stack technical commands.

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04 Run a no-verdict review

After a session, write three observations without using good, bad, should, always, or never. Let patterns emerge before fixes.

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05 Practice trusting the rep

Pick one routine skill and perform five slow repetitions while deliberately withholding correction until the set is complete.