

PEAK PERFORMANCE REFLECTION

Describe your best performance ever. Where were you? What factors made it such a great experience?

What were you thinking about during that game? How did you feel? (Describe the experience in as much detail as possible.)

What were your behaviors both before and during that game that helped you play so well?

Describe any pre-game routines or behaviors that you remember. (Examples: What/when did you eat? How well-rested were you? Did you listen to any music? Were you silent and visualizing before the game, or were you playful and joking with teammates?)

Describe any routines or behaviors that you remember using during the game. (Examples: What were you saying to yourself? Were you smiling or laughing with teammates?)

What can you take away from this experience (i.e., What made this game so special)? What factors from that game can you replicate and use to benefit you today and throughout your current season?

POOR PERFORMANCE REFLECTION

Describe a poor performance. Where were you? What factors contributed to it not going well?

What were you thinking about during that game? How did you feel? (Describe the experience in as much detail as possible.)

What were your behaviors before and during the game when you had poor performance?

Describe any pregame routines or behaviors that you remember. (Examples: What/when did you eat? How well-rested were you? Did you listen to any music? Were you silent and visualizing before the game, or were you distracted by teammates or other behaviors?)

Describe any routines or behaviors that you remember. (Examples: What were you saying to yourself? Were you angry at and/or attacking teammates or opponents?)

Now compare your peak and poor performances. Are there any key differences in your preparation, thinking or behaviors before and during those performances? What factors from both of those experiences can you learn from to benefit you in the future?
