

Performance Log

DEVELOP SELF-AWARENESS

Do you know what you need to do in order to keep showing up at your best in your sport?

Chances are there are many things you can still learn and improve both in training, and in competition.

The first step to developing mental resilience and refining mental skills is to first reflect on your performances in order to increase your self-awareness.

The Performance Log is just one way for you to reflect and draw lessons every day so that you can continuously improve and perform with intention and motivation.

After every training session and competition day, take 5 minutes to answer the following six questions on your mental game. With time you'll see patterns in your behavior and be able to work on the aspects that hinder your performance so you can show up at your best.

Performance Log

DATE:

1. What were some stressors you experienced today?

2. Describe your self-talk.

3. What were some distractions and how did you refocus?

4. What mental skills tools were the most effective?

5. What is I think you can improve for your next performance and how?

6. What were 3 things you did well today?