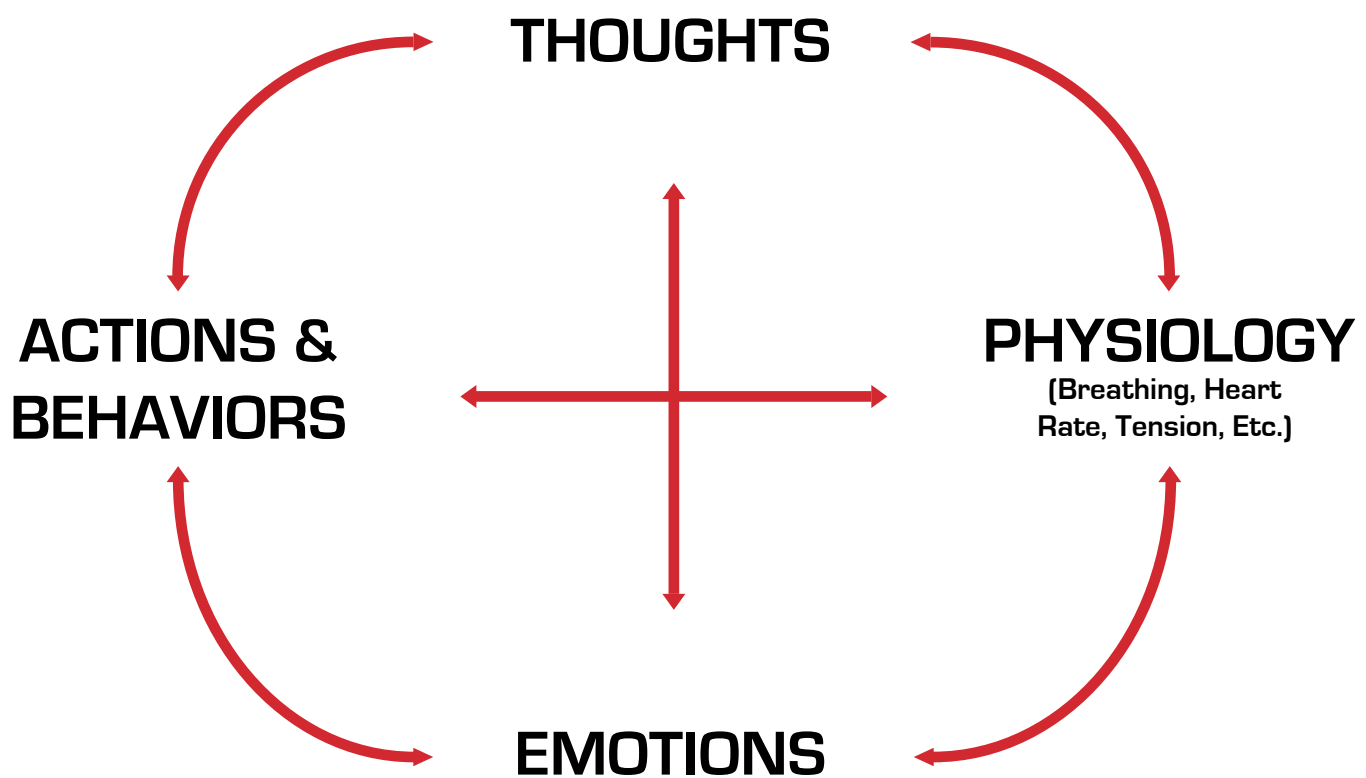


UNDERSTANDING CYCLES TO BUILD CONFIDENCE AND PERFORM WELL UNDER PRESSURE



WE are a system:



Key Points:

- We are a system and every part of this system impacts other components of the system.
- If one area is out of control or limiting, it cycles to and impacts the other areas.
- You can change focus, intensity, and feel by adjusting any component of the system.
 - Self-talk, Breathing, Imagery, and Body Language are the things we can use to intervene and elicit confidence and performance under pressure.

Every performance cycle starts with a situation/event. Our thoughts and self-talk about the situation impact emotions, physiology, and actions.



Every performance cycle will be either:

1. Productive, helpful, and positive

OR

2. Unproductive, unhelpful, and negative

UNPRODUCTIVE PERFORMANCE CYCLE



Situation: I screwed up on the ice



Situation: I screwed up on the ice

