

STEP 10 – ASSIGNMENT



Use the proven **Good, Better, Best** format to review your performance after practices and games.

1. What was good and what helped me be good at this today? (How/when did I prepare? Did I choose a powerful channel?)

2. What needs to be better and how will I work on it? (Process focus? Energy management? Emotional management? Attention and refocus? Staying on a powerful and helpful channel? Was I coachable?)

3. What do I need to improve to be my best? How will I do it? What aspects of my mission do I want to be better at to be my best?

Other areas you can write about that hockey players often find helpful include: How am I handling off-ice and on-ice stressors? How can I get the most out of what my coaches offer? How can I be a better teammate? What makes me feel confident that is in my control? What helps me manage my emotions? How do I create the right energy level for me? How well do I refocus/change the channel?
