

STEP 10 – GOOD BETTER BEST



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?

Post Practice and Games Review

Date: _____

Target/goal for on ice session:

What was **good** and what helped me be good at this today?

What do I want to be **better** and how will I work on it?

What will help me be my **best** and how will I do it? What aspects of my mission do I want to be better at to be my best?

Other:

