

STEP 2 - ASSIGNMENT



Take a moment to reflect on one of your **all-time worst games**. Put yourself back to that day and see what you saw, hear what you heard, and feel what you felt. **Respond to the following questions as they relate to this worst performance.**

1. How was your intensity just before the game? Circle the number that fits for you.

Flat/no intensity

Wired/Physically charged

1 2 3 4 5 6 7 8 9 10

Simple/clear thoughts

Thoughts racing/all over

1 2 3 4 5 6 7 8 9 10

2. What were you saying to yourself or thinking shortly before the start of the game?

3. What was your body language like before the game? How did you carry yourself?

4. What were you focused on during the game? What were you aware of or paying attention to during the game?

5. How did you feel shortly before and during the game? Describe your emotions and level of confidence.

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Take a moment to reflect on one of your **all-time best games**. Put yourself back to that day and see what you saw, hear what you heard, and feel what you felt. **Respond to the following questions as they relate to this best performance.** Who were you playing against? Where were you playing? Who was there to watch you play?

6. How was your intensity just before the game? Circle the number that fits for you.

Flat/no intensity

Wired/Physically charged

1 2 3 4 5 6 7 8 9 10

Simple/clear thoughts

Thoughts racing/all over

1 2 3 4 5 6 7 8 9 10

7. What were you saying to yourself or thinking shortly before the start of the game?

8. What was your body language like before the game? How did you carry yourself?

9. What were you focused on during the game? What were you aware of or paying attention to during the game?

10. How did you feel shortly before and during the game? Describe your emotions and level of confidence.

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11. What were the major differences between your thinking prior to these two games?

12. What were the major differences in your body language prior to and during these two games?

13. What were the major differences in your focus or attention during these two games?

14. What were the differences in your emotions and confidence before and during these two games?
