

STEP 6 – WHAT IS YOUR IDEAL PERFORMANCE STATE



Each of us has a range or zone in which our intensity and emotions facilitate performance excellence. Anything above or below that takes away from our performance. Most often when not playing our best we are too intense or emotional. That doesn't mean that we are never flat - but at our level that is less likely to be the case. We all benefit from determining our range and zone.

To simplify the concept (simple is always better) we will refer to our zone of excellence as our Power Channel.

- Our Power Channel is our ideal performance zone
- Our Weak Channel is when we are more likely to choke, run around, under-perform

Power Channel	Weak Channel
Trusting	Heated
Calm	Tight
Loose	Tense
Relaxed	Overwhelmed
Centered	Shaky
Focused	Tired
Fluid	Heavy
Smooth	Choppy
Effortless	Awkward
In Control	Panicked
Confident	Rushed
Powerful	Forced
Commanding	Angry
Task focused	Frustrated
Here and now	Desperate
Focused on what control	Worried
Clear	Anxious
Easy	Doubting
Dialed in	Outcome focused
Inspired/Feel Challenged	Feel Threatened
Purposeful	Confused
	Overloaded