



PERFORM LIKE A STAR

Workbook Guide

PREPARE TO PERFORM HOW YOU PRACTICE

Mental Skills are like physical skills, they improve with practice. The PERFORM LIKE A STAR Workbook is designed to help you practice each of the five STAR SKILLS and build them into your MENTAL GAME.

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MEASURE YOUR MENTAL SKILLS

Before attending the PERFORM LIKE A STAR Seminar you completed a Mental Skills Assessment. Following completion of your Workbook program you can re-assess your Mental Skills and note how much your Mental Skills have improved.



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Stress - Energy Management

Performing like a Star means getting in the zone, being totally absorbed in the task and feeling a sense of effortless control. Attaining this sense of Flow is facilitated when a performer's feeling of confidence is equal to their perceived level of challenge regarding the upcoming performance. Pre-event anxiety arises when the perceived level of confidence is not equal to the perceived level of challenge. Positive feelings associated with things that we have been doing well in practice or prior performance can be retrieved and used to bring confidence levels up to the levels of perceived challenge. This is called going to the WELL.

CREATING THE WELL

Confidence is the belief that you can successfully perform a desired behavior. High levels of confidence have been found to improve performance by reducing anxiety and helping athletes/performers to feel, do and think the right things at the right times.

The WELL is a powerful technique for building confidence. Imagine that you can create a special place inside yourself, like a WELL, where you can store positive experiences and powerful feelings of pride, accomplishment and happiness. Record these experiences that you have had in the last two weeks below and allow your mind to focus on how good you feel when you recall them.

Awesome Performance: _____

Great Practice/Training Session: _____

Feeling Confident/Determined: _____

ASSESS YOUR CHALLENGE – CONFIDENCE BALANCE

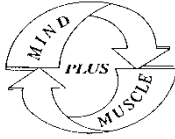
1. What event are you mentally preparing for? _____
2. Rate your perceived level of difficulty (Challenge) for performing at your best in this event:
0 1 2 3 4 5 6 7 8 9 10
Not at all Challenging Extremely Challenging
3. Rate your perceived level confidence in performing at your best in this challenge:
4. 0 1 2 3 4 5 6 7 8 9 10
Not at all Confident Extremely Confident

DRAWING FROM THE WELL

What can you draw up from the WELL that can increase your CONFIDENCE in successfully meeting this challenge?

1. _____
2. _____
3. _____

Now go back and rate your confidence level (above) using the feelings you have just drawn from your WELL.



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Attention Control

To become a STAR one needs to learn from their BEST PERFORMANCES. This requires paying close attention to what you are aware of when you are in the ZONE, totally absorbed in the action. For example, you may find that we are internally focused on your level of exertion or externally focused on a single event in the field of play. Identifying our BEST PERFORMANCE FOCUS usually requires a number of introspective observations after great performances to get a clear picture of what you are attending to when it matters most.

RETRIEVING FROM THE WELL

Picture a play or a technique you performed WELL in the past two weeks. Now with this picture in mind answer the following: What was my Mental Focus (What was I paying attention to)?

What was your Arousal Level (Circle one)?

Relaxed

Positively Energized

Tense

What Emotions were you aware of (Example: Frightened, Confident, Determined, Happy)

In your next practice or game what do you want to Focus on to help you perform at your BEST?

REFOCUSING TOOL

Distraction is one of the biggest enemies of Skilled Performance. When we get distracted it is helpful to have a REFOCUSING TOOL to get back to our Performance FOCUS. Think of a work, a phrase or an image (Example: Strong, Yes I can, Tiger Springing) that gives you a sense of strength, energy and determination. Write it here:_____

Picture yourself in a practice or game you will have in the next week and imagine yourself getting distracted. Now imagine using your REFOCUSING TOOL and getting yourself right back into performing at your BEST.



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Imagery

Imagery has to be clear and lifelike to be effective in improving skilled performance. Everyone has a favorite way of creating clear images (seeing it/hearing the sounds/feeling the movement in the body). The following exercise will help you discover your best method of doing imagery.

IMAGERY TRAINING

Think of a play or technique you would like to perform in an upcoming practice or game. Now you are going to imagine yourself performing this play three times and rate your imagery experience after each one.

SEEING IT

Close your eyes and see yourself performing this play in real time. Now rate the clarity of your imagery (circle one)

Not clear at all

Somewhat clear

Very clear

HEARING IT

This time you will create the image once again while hearing all the sounds that are present when you perform the play. Now rate how clearly you imagined this.

Not clear at all

Somewhat clear

Very clear

FEELING IT

In the last imagery experience, replay the imagery while paying close attention to all the feelings of movement in your body. Now rate how clearly you imagined this.

Not clear at all

Somewhat clear

Very clear

WHAT DID YOU LEARN

What was your best way of creating clear and lifelike images?



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Positive, Effective, Thinking

We all talk to ourselves. When we talk to ourselves positively we help build our confidence and improve our performance. But sometimes when we are under pressure or in a challenging situation we may slip into Negative Self-Talk. We call this Stinkin' Thinkin'. This usually produces self-doubt and lowers confidence, resulting in poor performance. Use this exercise to "Beat Stinkin' Thinkin'".

Describe a situation in which you tend to think/talk negatively to yourself.

Identify the negative statement(s) you say to yourself.

How are these thoughts hurting your performance?

List positive statements you can use to replace negative, harmful thoughts. Think of what you have been doing well and how hard you have trained.

Think of a critical moment in a competition that goes against you. What can you say to yourself to see this as a challenge to bring your game up a level and play at your best?



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Weekly Mental Plan

GOAL SETING

START WITH AN OUTCOME

Choose something you want to accomplish by the end of camp or competitive season (Example: Master a new skill, make the starting lineup, etc.)

MOVING FORM OUTCOME TO PROCESS

Write two things you can DO this week to help bring this about: (Example: I will do strength training two days a week, I will focus on technique during each practice, etc.)

Goal 1. I will _____

Goal 2. I will _____

FOLLOWING UP

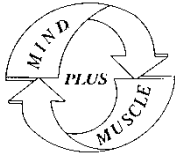
Did I achieve my Process Goals this week?

Goal A	Yes	No
Goal B	Yes	No

What helped or prevented me in accomplishing my Weekly Goals?

Goal 1. _____

Goal 2. _____



MENTAL SKILLS ASSESSMENT

Rate each of items below to assess your awareness and use of mental preparation strategies:

0 = Never

1 = Sometimes

2 = Almost Always

- _____ 1. I have a mental preparation strategy that I use consistently.
- _____ 2. I regularly set goals for things I want to do in practices and games.
- _____ 3. I know how I need to think and what to say to myself to perform well.
- _____ 4. I am able to control my thoughts and view bad events as a challenge to bear down and play even better.
- _____ 5. If I feel anxious/overenergized, I am able to relax to an appropriate level.
- _____ 6. I am able to concentrate under pressure and not be distracted.
- _____ 7. I can store positive experiences from practice and competition in the back of my mind to draw from when I need them.
- _____ 8. I purposely think/say specific things to myself that get me appropriately focused and ready to perform.
- _____ 9. If I get distracted and my performance goes down I have a way to get myself back on track.
- _____ 10. I know what to do and say to myself to keep confident.