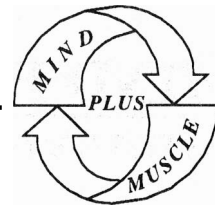


MIND PLUS MUSCLE

INSTITUTE FOR APPLIED SPORT PSYCHOLOGY



IDEAL PERFORMANCE STATE

PRE-EVENT WORKSHEET

DATE: _____ EVENT: _____

Goals /Focus

1. Physical: _____

2. Mental: _____

Arousal Level

What overall Arousal Level do I plan to use as my Ideal Performance State today? (Circle level)

Totally Relaxed

Extremely Aroused

0 1 2 3 4 5 6 7 8 9 10

Emotional State

How am I feeling emotionally prior to the start of this event
(ex. scared, mad, sad, glad):
