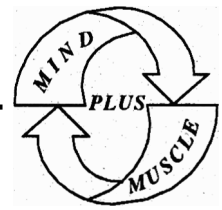


MIND PLUS MUSCLE

INSTITUTE FOR APPLIED SPORT PSYCHOLOGY



POST-EVENT WORKSHEET

Goals

Did I achieve my goals today? *Physical* ☐ Yes ☐ No *Mental* ☐ Yes ☐ No

Performance

Rate your overall level of performance today.

Worst Performance

Best Performance

0 1 2 3 4 5 6 7 8 9 10

Attentional Focus

What was I thinking about during my best performance today?

Arousal Level

What *overall* Arousal Level was I aware of during my best performance today?

Totally Relaxed

Extremely Aroused

0 1 2 3 4 5 6 7 8 9 10

Emotional State

How was I feeling emotionally (ex. scared, mad, sad, or glad) when I was performing at my best today?

Ideal Performance State

What conclusion can I make in comparing my pre-event **and** post-event worksheets about my Ideal Performance State?
