

PERFORMANCE Zone of Optimal Performance (ZOP) COLORADO

tuning-in to performance indicators

Performing at your best requires knowing what your best looks and feels like. Compare your best day and your worst day so you can start to understand the differences between the two and start to identify what stands in your way mentally.

Your performance/sport:

1. **Worst:** Think of your worst performance ever – a time that nothing seemed to go your way no matter how hard you tried and you just weren't performing up to your potential. Describe that time below: what did it look like? What emotions did you feel? What did your body feel like? What were your thoughts like?

2. **Best:** Think of your best performance ever – a time you were performing at or close to your full potential, everything seemed to go your way easily. Describe that time below: what did it look like? What emotions did you feel? What did your body feel like? What were your thoughts like?

REFLECTION QUESTIONS:

*What do you notice about these two experiences? What is similar? What is different?
How much of the difference in each performance was physical? How much was mental?*