



ZOP EMOTIONS

prime your emotions for optimal performance

1. IDENTIFY EMOTIONS FOR YOUR BEST PERFORMANCE

Being in the right emotional state can improve your performance. Take a look at the list below and circle the words from each category that describe how you felt (or want to feel) before and during your best performances. Each emotion you select should give you energy and help you focus. Each box contains synonyms, so do your best to select the at most *one* word from each box that best describes the way you feel. You may write in your own words at the bottom if an emotion important to you is missing from the list. Be sure to look at both categories – pleasant and unpleasant – as many people will have emotions in both categories they consider helpful to performance.

Pleasant Emotions	Unpleasant Emotions
Active, dynamic, energetic, vigorous	Afraid, fearful, scared, panicky
Relaxed, comfortable, easy	Angry, aggressive, furious, violent
Calm, peaceful, unhurried, quiet	Annoyed, irritated, distressed
Cheerful, merry, happy	Anxious, apprehensive, worried
Confident, certain, sure	Concerned, alarmed, disturbed, dissatisfied
Delighted, overjoyed, exhilarated	Discouraged, dispirited, depressed
Determined, set, settled, resolute	Doubtful, uncertain, indecisive, irresolute
Excited, thrilled	Helpless, unsafe, insecure
Brave, bold, daring, dashing	Inactive, sluggish, lazy
Glad, pleased, satisfied, contented	Intense, fierce
Inspired, motivated, stimulated	Jittery, nervous, uneasy, restless
Lighthearted, carefree	Sorry, unhappy, regretful, sad, cheerless
Nice, pleasant, agreeable	Tense, strained, tight, rigid
Quick, rapid, fast, alert	Tired, weary, exhausted, worn out



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2. IDENTIFY EMOTION INTENSITY

Write the emotions that you circled on the last page in the spaces below. Then, rate how strongly you want to feel each emotion on a scale from 0-10.

Emotions	Not at all		A Little		Average		A Lot		Most possible		
	0	1	2	3	4	5	6	7	8	9	10
_____	0	1	2	3	4	5	6	7	8	9	10
_____	0	1	2	3	4	5	6	7	8	9	10
_____	0	1	2	3	4	5	6	7	8	9	10
_____	0	1	2	3	4	5	6	7	8	9	10

3. PRIME YOUR OPTIMAL EMOTIONS

Use the space below to brainstorm what you can do to generate these emotions before your performance begins or reinvigorate these emotions mid-performance. Is there something you can say to yourself? Is there an image you can see in your mind such as your highlight reel? *(note: priming emotions is a skill that takes practice and may require some trial and error – be prepared to adjust if it doesn't work the first time.)*