

Post-Competition Worksheet

Post-Competition Assessment

Complete this Post Competition Assessment after every competition. This routine will help you to improve by providing focus, removing unproductive emotions, and allow you to be more aware of your mental game. PHOTOCOPY AND COMPLETE THIS WORKSHEET OR WRITE YOUR ANSWERS IN A JOURNAL.

Goal:

To improve every competition by **CRITIQUING** your performance, not criticizing. List **three** things you did well in competition today?

1. *I supported my teammates ALL the time.*
2. *I let go of my mistakes early on and refocused myself.*
3. *I didn't get frustrated at the referees at the end of the game.*

Three questions to ask yourself after competition:

**Regardless of the results of the competition (whether you won or lost, if you if you played a lot, a little, or didn't play or if you played well or not so well)*

1. **Did you try your best?** (Did you invest in the competition with practice, proper preparation, adequate conditioning?)
2. **Did you give your best effort?** (Did you play and compete your hardest-physically and emotionally?)
3. **Did you get into the alpha zone?** (Did you allow yourself to focus and compete with all of yourself?)

Why or why not? *I did feel like i did my best-had a great week at practice.*

I think I could have played harder earlier on. Got in the alpha zone off and on.

What are some things you would like to improve upon next competition?

I'd like to start the game playing harder even if I get tired. Who cares if I'am tired?

I'd like to use my mistake ritual more to get in the alpha zone more often.

Post-Competition BRAVR™

- Close your eyes, take five deep breaths. (6 seconds in, 6 seconds out)
- Repeat your 'Reset Word' at the top of every breath.
- Release thought and emotions on the exhale.
- *Visualize changing those negative things that happened during the game into positives, seeing yourself doing them the *correct* way next time.
- Say 1 or 2 of your sports affirmations to yourself.
- After each one, visualize the affirmation as if it's happening right now. (See, hear, feel, smell, touch achieving that affirmation.)
- 'Close the book' on this competition.
- *Unique to post-competition/practice BRAVR.™

