

# Ideal Performance State

Recall your best performance

How did it feel?

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What was on your mind?

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What was your attitude?

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What special things do you remember

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Describe the performance . (use all of your senses, sight, sound, touch, taste)

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What do you need to do physically, mentally and technically to perform at your best? (what skills do you need)

- use descriptive words to list these qualities

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