



Performing Self Awareness

Respond to the following questions focusing on your best performance. How did you feel just before the performance?

No activation	0	1	2	3	4	5	6	Highly activated
(BLAH)	0	0	0	0	0	0	0	(WOOHOO)

Not worried at all	0	1	2	3	4	5	6	Very worried
	0	0	0	0	0	0	0	

Respond to the following questions focusing on your worse performance. How did you feel just before the performance?

No activation	0	1	2	3	4	5	6	Highly activated
(BLAH)	0	0	0	0	0	0	0	(WOOHOO)

Not worried at all	0	1	2	3	4	5	6	Very worried
	0	0	0	0	0	0	0	



Performing Self Awareness

Step 1. Identify HELPFUL-Positive and HELPFUL-Negative Emotions

Follow the same procedure for HELPFUL-negative (unpleasant) emotions.

HELPFUL-POSITIVE EMOTIONS (P+)

Active, dynamic, energetic, vigorous

Relaxed, comfortable, easy

Calm, peaceful, unhurried, quiet

Cheerful, merry, happy

Confident, certain, sure

Delighted, overjoyed, exhilarated

Determined, set, settled, resolute

Excited, thrilled

Brave, bold, daring, dashing

Glad, pleased, satisfied, contented

Inspired, motivated, stimulated

Lighthearted, carefree

Nice, pleasant, agreeable

Quick, rapid, fast, alert

Your own emotion: _____

HELPFUL-NEGATIVE EMOTIONS (N+)

Afraid, fearful, scared, panicky

Angry, aggressive, furious, violent

Annoyed, irritated, distressed

Anxious, apprehensive, worried

Concerned, alarmed, disturbed, dissatisfied

Discouraged, dispirited, depressed

Doubtful, uncertain, indecisive, irresolute

Helpless, unsafe, insecure

Inactive, sluggish, lazy

Intense, fierce

Jittery, nervous, uneasy, restless

Sorry, unhappy, regretful, sad, cheerless

Tense, strained, tight, rigid

Tired, weary, exhausted, worn out

Your own emotion: _____



Performing Self Awareness

Step 2. Identify HARMFUL-Negative and HARMFUL-Positive Emotions

Follow the same procedure as for step 2, selecting up to five (5) words to describe the HARMFUL-negative and HARMFUL-positive emotions you felt before your WORST EVER competition. Circle the words that you selected. Again, you can add words of your own to the ends of the lists.

HARMFUL-NEGATIVE EMOTIONS (N-):

Afraid, fearful, scared, panicky
Angry, aggressive, furious, violent
Annoyed, irritated, distressed
Anxious, apprehensive, worried
Concerned, alarmed, disturbed, dissatisfied
Discouraged, dispirited, depressed
Doubtful, uncertain, indecisive, irresolute
Helpless, unsafe, insecure
Inactive, sluggish, lazy
Intense, fierce
Jittery, nervous, uneasy, restless
Sorry, unhappy, regretful, sad, cheerless
Tense, strained, tight, rigid
Tired, weary, exhausted, worn out
Your own
emotion: _____

HARMFUL-POSITIVE EMOTIONS (P-):

Active, dynamic, energetic, vigorous
Relaxed, comfortable, easy
Calm, peaceful, unhurried, quiet
Cheerful, merry, happy
Confident, certain, sure
Delighted, overjoyed, exhilarated
Determined, set, settled, resolute
Excited, thrilled
Brave, bold, daring, dashing
Glad, pleased, satisfied, contented
Inspired, motivated, stimulated
Lighthearted, carefree
Nice, pleasant, agreeable
Quick, rapid, fast, alert
Your own emotion: _____



Performing Self Awareness

Write in your emotional profile for best and worst performance. On the right shade up to the level of intensity for each emotion on a scale of 1-10. (1=very little, 2=little, 3=moderate, 5=much; 7=very much, 10=very, very much)

Best Performance Emotions	1	2	3	4	5	6	7	8	9	10
1.										
2.										
3.										
4.										
5.										

Worst Performance Emotions	1	2	3	4	5	6	7	8	9	10
1.										
2.										
3.										
4.										
5.										

Athletes can develop an awareness of the emotions that are linked with their successful performances and the emotions that take away from their ability to perform optimally.

Emotions in the human body are products of thoughts and feelings. These thoughts and feelings are important cues to attend to when assessing athletes' optimal level for performance. During a competition, the level of emotions will change as various events are played out and the information, and meaning of the event, processed by the individuals involved. Management of this energy will be critical as too much emotion or too little will affect the ability to focus and attend to the right cues for performance.