

Are you a Candidate for Peak Performance Coaching?

Check off all statements that apply to you

<input type="checkbox"/>	I do not have well defined goals. I lack direction
<input type="checkbox"/>	I perform better in practice than during competition
<input type="checkbox"/>	I am very self-conscious and worry what others think of my game
<input type="checkbox"/>	I worry about letting others down with how I perform
<input type="checkbox"/>	I am self-conscious and worried how others see me
<input type="checkbox"/>	I am anxious and tense when in competition
<input type="checkbox"/>	I get pre-game jitters that don't go away when the game starts
<input type="checkbox"/>	I am afraid of failure and it impacts my performance sometimes
<input type="checkbox"/>	I have a fear of success and seem to blow up when winning
<input type="checkbox"/>	I am not sure why I play and am losing my motivation to play
<input type="checkbox"/>	I play for trophies, accolades, recognition, or praise
<input type="checkbox"/>	I create my self-image based on how I play
<input type="checkbox"/>	I lack focus and have mental lapses during critical game moments
<input type="checkbox"/>	I don't have routines or don't have mental focus in my routines
<input type="checkbox"/>	I am not excited enough or too excited to perform your best in competition
<input type="checkbox"/>	I tend to go through motions physically w/o mental focus or intensity in games or practice
<input type="checkbox"/>	I get distracted by things that go on around me during competition
<input type="checkbox"/>	I have doubts or negative thoughts before, during, or after competition
<input type="checkbox"/>	Post-injury I cannot perform the way I did pre-injury even when 100%
<input type="checkbox"/>	When I perform well I often feel that it is a fluke or I shouldn't be THAT good
<input type="checkbox"/>	I become easily frustrated
<input type="checkbox"/>	I lack emotional control when things are not going well
<input type="checkbox"/>	I cannot perform with trust in times of adversity or pressure
<input type="checkbox"/>	I work on my mechanics or technique even when in competition
<input type="checkbox"/>	I have a hard time letting go of mistakes and staying in the present moment
<input type="checkbox"/>	I think a lot about the consequences of my performance
<input type="checkbox"/>	I over-analyze mistakes and think too much about technique
<input type="checkbox"/>	I have low self-confidence at times
<input type="checkbox"/>	I feel that I am a "choker" and don't want the last second or last point moment
<input type="checkbox"/>	I get angry when my team or myself are not playing well
<input type="checkbox"/>	I constantly wish that my performance was better
<input type="checkbox"/>	I want to learn different ways to improve my performance
<input type="checkbox"/>	I want to be able to perform at my peak when it is needed
<input type="checkbox"/>	I often talk negatively to myself when things are going well.
<input type="checkbox"/>	I am often not happy with the way that I play even if I play well or my team wins
<input type="checkbox"/>	I have an internal desire to become the best I possibly can become

If you checked off one or more of the boxes above, consider contacting Coach Joel Pelland to discuss how he can help you reach your goals, rise above your competition, and conquer your dreams!

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