

Self-Awareness in the Zones Worksheet

Reflect on recent performances in each zone. Answer the questions:

THINKING

What were you focusing on? What were some of the thoughts that were popping through your mind?

FEELING

What emotions were you feeling? Think back to your energy levels, were you over stimulated? Lethargic? How did that affect your performance?

ACTING

How did you act? From how you react to distractions and challenges to the way you interact with your teammates, referees, and coaches. Also think about your facial expressions and overall body language.

THINKING

FEELING

ACTING

THINKING

FEELING

ACTING

THINKING

FEELING

ACTING