



DEBRIEF[©]

CAPTURE, RELEASE AND DECIDE

The Good: Capture the positive feelings (save)

- 1.
- 2.
- 3.

Comments:

The Not So Good: Release the negative feelings (delete)

- 1.
- 2.
- 3.

Comments:

For the Record: Write down the decisions for improving your performance

- 1.
- 2.
- 3.

Comments:

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Perform with Intention & Fire Power CHECK LIST

FIRE-POWER: Positive energy, passion, internal drive

Competitive

- o I “want” to be in my situation; I have the energy to perform at my best.

Comments:

Confident

- o I can relax under pressure and “feel” each required movement.

Comments:

Focus

- o I can perform the required skills and get the job done.

Comments:

Calm

- o I have the calming skills to stay present and “stop” any unwanted chatter.

Comments: