



## **Perform in Process CHECK LIST**

### **The Emphasis**

- Process: Did I give my best effort?
- Outcome: Did I achieve my performance goals?

Comments:

### **The Requirements**

- Process: Did I maintain my presence, embrace all challenges and feel "it"?
- Outcome: Did I finish and complete my efforts?

Comments:

### **The Separation (Handle the Issues)**

- Process: Calm vs. chatter  
Intensity vs. tension  
Solution vs. victim

- Did I manage the chatter?
- Did I work hard and feel good?
- Did I easily make adjustments?

- Outcome: Incorporate the learning

- Did I learn from my efforts?

Comments:

### **The Skills**

- Process: Performance breathing  
Flip the Switch

- Did I STAY engaged?
- Did I adjust my intensity?

- Outcome: Debrief

- Did I capture (+), release (-) and decide ( $\Delta$ ) to improve?

Comments: