



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 (Δ) to improve?

Comments: