



Perform with Intention & Fire Power CHECK LIST

INTENTION: Purpose, goal, direction

Clarity

- I see and feel the results I want to produce.

Comments:

Awareness

- I understand what aspects of my performance need to be improved.

Comments:

Commitment

- I'm devoted to the process; I have a performance plan, I work hard and have fun.

Comments:



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FIRE-POWER: Positive energy, passion, internal drive

Competitive

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

Comments:

Confident

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

Comments:

Focus

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

Comments:

Calm

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

Comments: