

USE A PERFORMANCE JOURNAL. This is not a lack-of-performance journal. When you write down what you did well, you increase the chances of doing it well again.

Surround yourself with positive people to keep imprints positive.

The performance journal is a measuring stick.

Objective: know what this is in advance

Write down the % of the time you ran your mental system correctly and the % of the time you ran your technical system correctly. These are subjective. You want to see those numbers be high.

What I did and what did I learn: Be specific. How much time did you spend. How many rounds did you shoot. This is the only section that you can write something negative

Solution: This is only filled out with a recurring issue. If you just had a bad day, then don't worry about it.

What I did well today: Always start this section with Today I _____. It has to be positive and detailed enough that when you read it, it sounds like it just happened yesterday. It has to generate emotion.

Do an end of the year analysis with the journal. Look at your best shoots and find out what went well. **Great players work on their strengths.**

Goal Statement: You have 3 options

1. Score related - I often shoot above 392. **This does not limit you.** If you write I shoot 392, then you are reinforcing that you are a 392 shooter and you create a limiting imprint in your SI.

2. Performance related - something you control. Example: I run my mental program well.

3. Position statement - I am a State Champion. I am a gold medal winner.

How to implement training

Train for Feel - This involves doing a lot of volume until you get the feel. Do drills. Protect the self-image.

Train for the shot - This phase is not about volume. Mentally rehearse the shot. Run through the technical phase. You are not shooting each station in order.

Train for the match - You shoot in the same order as a match. Practice a match setting. They only do this periodically. It may be done the week before the match . or every few weeks?

"Be Albert Einstein in practice and Forrest Gump in a match"

Praise in public and correct in private.

Facts don't matter, Attitudes do.

