

How to Recognize, Name and Play in a State of High Performance

Purpose: to identify your own “State of High Performance.” Know the emotions, thoughts and words that sabotage you and also enhance your performance. Take the power back and choose your State!

What to do:

FIRST: Draw the grid and it’s descriptions:

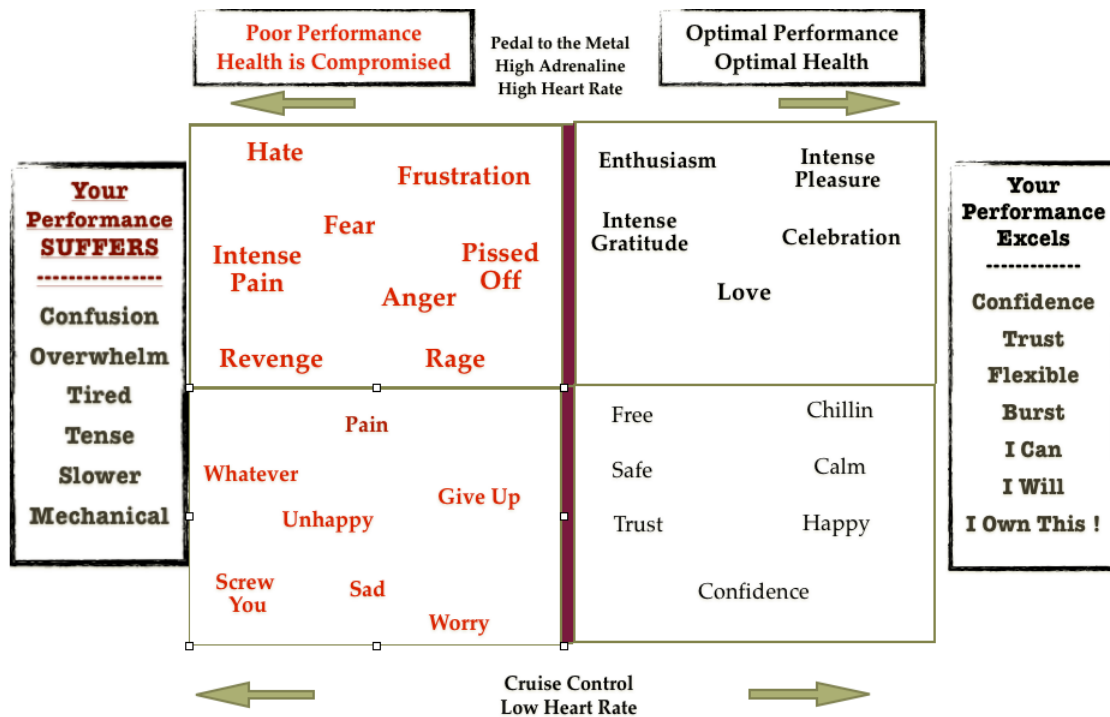
1. Draw:

- a. Your own personal performance grid, see example below, of the *Four Quadrants of Performance*. *Don’t fill it in quite yet.*

2. Label:

- a. The two quadrants on the **LEFT** side of the grid - Poor Performance and Health is Compromised
- b. The **RIGHT two** quadrants label - Optimal Performance and Optimal Health
- c. The **TOP two** quadrants of the grid label - State of High Adrenaline, High Heart Rate
Hint: When you’re in either of these two quadrants, it feels like you have the ‘Pedal to the Metal’
- d. The **BOTTOM two** quadrants are labeled - Low Heart Rate
Hint: This feels like you are in ‘Cruise Control’

Four Quadrants of Performance



SECOND: Fill in the Quadrants with your personal thoughts, words and feelings.
Be ABSOLUETLY HONEST with yourself!

1. **Upper Left:** high heart rate, poor performance
 - a. Remember a time when you were playing at your absolute worst. Nothing seemed to be going right. You messed up on a critical play, made a mental error or lost.
 - b. Ask, "What were you thinking when all that was happening?" How did you feel? What did you say or how did you express your frustration, pain, anger or stress?"
 - c. Fill in your answers in this quadrant of the grid
2. **Lower Left:** heart rate is low, you are slowed down yet feel powerless
 - a. Remember a time when you felt like "whatever – it doesn't matter anyway – it's hopeless."
 - b. Ask yourself, "What was I thinking when all that was happening?" What was I feeling? What did I say or how did I express my anxiety, sadness, concern or stress?"
 - c. Fill in your answers in this quadrant of the grid
3. **Upper Right:** heart rate is up, you are excelling, excited and exuberant
 - a. It's your time. You were in the **ZONE**. Everything was going your way.
 - b. Remember, "What were you thinking when all that was happening?" How did you feel? What did you say or how did you express your excitement, celebration, happiness and gratitude?"
 - c. Fill in your answers in this quadrant of the grid
4. **Lower Right:** heart rate is low, you are laid back
 - a. This is a time when you played well and felt in control. All is good with your game.
 - b. Ask yourself, "What was I thinking when all that was happening?" What was I feeling? What did I say or how did I express my calm, peaceful, happiness and gratitude?"
 - c. Fill in your answers in this quadrant of the grid

FINAL: What is YOUR State of High Performance?

1. Not everyone will be in the upper right when they're in the ZONE or State of High Performance. As an example: golfers; kickers; punters; and snappers may play better in the lower right. Discover which State is best for YOU, your sport and your position.
2. Remember, no one is in any one quadrant all of the time. We naturally bounce around.
3. Be hyper aware of where you ARE and . . . where you WANT TO BE on the grid
4. Then move to the area that keeps you performing at your absolute best!

Would you like to learn the tools and techniques the pros use to: quickly become aware of your state; be able to shift into the ZONE on demand and perform at your best consistently? Call me!

Be smart and courageous . . . Make the Call Today:
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