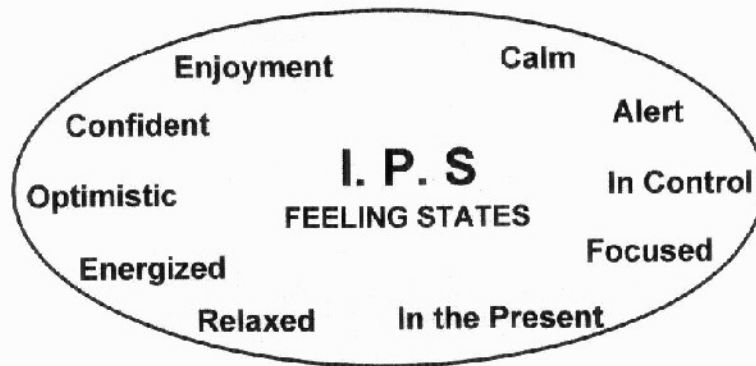


IDEAL PERFORMANCE STATE MODEL



HIGH POSITIVE ENERGY



**ELITE PERFORMERS
PAY ATTENTION TO:**

- EYE MOVEMENTS
- RITUALS
- BREATHING
- PHYSICAL IMAGE
- SELF TALK
- THOUGHTS
- FOCUS OF ATTENTION

THEY ALSO CONVERT

- THREAT TO CHALLENGE
- TENSE TO RELAXED
- NEGATIVE TO POSITIVE
- WORK TO FUN

STAY POSITIVE



CONTROL EMOTIONS



USE IMAGERY TO MAINTAIN FOCUS INTENSITY AND SKILL LEVEL



SET GOALS



MAINTAIN HIGH PHYSICAL FITNESS



TO ACHIEVE I.P.S

BY USING:

- POSITIVE MOTIVATORS
- AFFIRMATIONS
- AROUSAL CONTROL
- RELAXATION
- BREATHING CONTROL AND CENTERING
- MENTAL IMAGERY
- ATTENTIONAL FOCUS
- GOAL SETTING

MENTALLY TOUGH PERFORMERS

- RISE TO THE SITUATION
- PLAY WITH DISCIPLINE
- HANDLE PAIN
- BLOCK OUT FATIGUE

- PERSEVERE
- STAY CONTROLLED AND CALM
- ARE DIGNIFIED IN DEFEAT
- COME BACK FROM ADVERSITY