

Personal Performance Enhancement Project

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Personal Performance Enhancement Project

Section 1

Overview/Observations

Purpose of Project

The purpose of this personal performance enhancement project (PPEP) is to identify an area of life where enhanced performance is desired and an opportunity to practice techniques to make improvements outlining the rationale for the performance area, goals for improvement, mechanisms for self-monitoring, techniques used with reflections on the effectiveness of each technique utilized, described challenges experienced in implementation, and learnings to apply to work professionally with others in the future.

This paper is written in sections that reflect the sport psychology and performance enhancement process of observe, assess, educate, acquire, apply, and re-evaluate. The first section provides an overview of the area of focus, the assessments utilized, the skills that were taught (education and acquire), and the shared reflections on the application of these skills. The second section highlights the summation of the learning, re-evaluation reflections, and adjustments made to enhance performance and guide future professional practice.

Personal Performance Enhancement Area of Focus

The performance area I identified for desired change is to enhance my health and wellness through improved discipline to exercise, mental skills, and healthy nutrition. Throughout my life, I have waxed and waned on my discipline and commitment in these areas. I have committed to recreational sport (weightlifting, HIIT training, boxing, dance) throughout my adult life, however, my pattern has been to stay disciplined and committed for a period of time,

then I will become less motivated and hit a “slump”. The same is true for my commitment to nutrition. I don’t fully understand why I can’t stay intrinsically motivated to reach my fitness, nutrition, and mental toughness to reach the desired state of autonomous motivation. This concept is defined by Ryan & Deci (2002) as the “quintessential state of self-determination” in their Self-Determination Theory (Williams & Krane, 2021) p. 67.

Rationale for Performance Area Chosen

I have chosen this area of focus for a few reasons. The obvious is for general physical health and wellness. I just turned 50 and I know that I am on the last leg of the journey of my life. I want to be the best version of myself, and physical wellness and strength is foundational to the health I need to accomplish that. Re-establishing discipline and mental skills needed to commit to exercise, and healthy nutrition is necessary to enhance by overall wellness, especially for my mental health given the circumstances of my life over the past two years.

I have experienced many losses in the past 18 months. I separated from my husband of 21 years in January 2021, lost my oldest son in June 2021, moved to support my youngest son’s hockey goals in August 2021, contracted COVID/COVID pneumonia and was hospitalized which also set me back physically for several months and have since moved again to re-establish our life in a new town, returned to work after being off for a year to a new portfolio with new government partners and just returning back to school after being on leave as well. Through all of this, things that have helped me heal physically, mentally, and emotionally are primarily exercise (foundationally), faith, brief therapy and committing to grow from this experience. Based on the Holmes-Rahe Life Stress Inventory (Holmes, T., & Rahe, R., 1967), I scored 508. This is a tool with 43 life events with an attached score for each giving a rough estimate of how

stress affects health. Scores less than 150 indicate a slight risk for illness; a score of 150-299 indicate a moderate risk for illness and scores over 300 indicate a high risk for illness noting a predictive 80% chance of a major health breakdown in the next 2 years (The American Institute of Stress). This result underscores the reason to engage in this personal performance plan.

Upon reflection, given all of the factors listed, I was holding my own in navigating the stressful events and coping with the awful circumstances before me until I contracted COVID. This was the biggest set-back as up until this point, I was committed to proper nutrition and regular progressive exercise. When I could not exercise due to my physical inability (I was bedridden from September – December), I was devastated. It set me back significantly physically, mentally, and emotionally. When I look at my life now, I realize I cannot keep up the pace of my responsibilities if I am not functioning optimally physically, mentally, and emotionally. It is essential for me to be available to my son, perform my best at work, and with my friends and family.

Assessment and Planning

Motivation

The experience of the motivational interview was helpful to outline my goals, assess my motivation, frame my thinking, validate, clarify my goal, and the rationale for it. This helped me to work through ambivalence to set my goal and pursue activities to enhance my commitment. This first phase of assessment and planning was foundational in the creation of a starting point, establish baseline measures, and create a plan to enhance my physical activity, nutritional, and mental health/strength.

Goals for Improvement

Setting goals is key to establishing a performance plan. Understanding the overall objective, measures of success with a time frame of which to complete the identified goal is necessary to guide planning, commitment, decision making and success. I am committed to enhancing my discipline to participate in exercise and healthy nutrition. My ultimate goal would be weightlifting 2- 3 times per week and HIIT training 2-3 times per week, however given my work, school and personal schedule, I am setting a more realistic goal of 3-4 times per week of a blend of physical activity (on weeks I am able to follow the routine of my ultimate goal, I will see this as an added bonus; I will celebrate all of the successes along the way). I set goals to lose a minimum of 10% body fat, increase muscle mass by 10-20%. To do this, I am committed to enhanced nutrition by participating in weekly meal prep of healthy snacks and meals that are readily available during the busy workday at least 5 days per week meeting my outlined macro targets. I am committed to taking care of my mental and emotional health by connecting in with my supports, mental skills practices 4-5 times weekly.

In effort to validate my goals, I completed the goal setting worksheet which was helpful to challenge myself to define my goals and think “outside the box”. When the tool asked how I would define my “dream” I identified I would like to reach my maximum potential physically and mentally. When asked what I would you attempt if you knew it was impossible to fail? I identified I would like to compete in a body building competition. These are audacious goals that I feel are relatively unattainable at this stage of my life.

My sleep has been poor (averaging 3-4 hours per night) resulting in reduced energy and subsequent lack of follow through/performance in achieving my fitness goals. It continued to progress this way to present date. Workouts fluctuated 1 – 4 times per week with mainly HIIT

training with the occasional weightlifting workout. I started a weekly ladies boxing class for 4 weeks. I did follow through with meal preparation and made healthy meals and snacks half of the time, however added in Halloween candy to counter my fatigue hence sabotaging the full gains I was intending to achieve via advanced meal preparation. As such I have been feeling, lethargic, “flabby” and disappointed in myself and my performance over the past several months. There were several points where my mental strength was non-existent, and I fell into the pits of despair many times.

Mechanisms for self-monitoring

Establishing commitments with other people will help enhance my level of discipline and commitment will improve. The consistency will become a re-established habit to enhance my performance. I made a commitment to someone close to me and discuss goals and progress in an informal way to garner support, accountability, and motivation.

I also consulted with my fitness trainer and nutrition coach to provide advice on setting macro goals and fitness programs. They established my baseline measure of my weight, body fat, muscle and bone composition. We established I will keep a daily log in the ‘myFitness Pal’ application of my nutritional input. I will monitor/track progress of these outcome goals checking in with an accountability coach every two weeks. When I include the goals identified in the worksheets (see Appendix II), I am just not sure how I will measure anecdotal progress of the findings of the tools utilized.

I will monitor the results of the measures noted above in addition to my physical measurements, tracking of the activities I participate in via logging meal plans, activity and journalling progress noting how I am feeling physically, mentally, and emotionally so this can be tracked and evaluated over time.

Implementation – Educate, Acquire, Apply

The following section provides a summary of the application of mental skills used during this term with a breakdown of how they were implemented, how successful the implementation was, and a personal analysis of the process of mental skills training.

From a document organizational standpoint, it is noteworthy to mention the ‘*Re-Evaluation*’ section highlights what was learned, and highlights adjustments were made along the journey.

Self Talk

We all talk to ourselves. Self talk involves all things athletes say to themselves to stimulate and reinforce, direct, and evaluate actions and events as well as reflecting on what they are feeling in the moment (Williams & Krane, 2021) p. 285. This is incredibly helpful when the internal dialogue is positive, motivating, and enhances your performance. This is one of the primary mental skills I use in my personal routine.

I have completed the Automatic Self-Talk Questionnaire (ASTQS) (Zourbonos, et., al., 2009) on October 12, 2022, to achieve a baseline measure. This tool measures the underlying structure of athletes’/performers’ self-talk delineating positive and negative self-talk statements. I scored 93 on the negative self-talk section with the category of ‘worry’ being the highest with a score of 84 and 16 in the category of ‘somatic fatigue’. I scored 169 in the positive self-talk section with 34 in the ‘psych up’ category, 32 in the ‘anxiety control’ category, 54 in the ‘confidence’ category and 59 in the ‘instruction’ category (Appendix I). These resonate with me as my motivation and performance is often interrupted or negatively affected by worry or feeling tired.

The TSCI (Vealey, 1986) was created to measure level of certainty the athlete has in their ability to succeed within their sport and the athlete's innate traits to perform their sport. It relates to a general belief about their own ability to succeed. This tool is easy to use and score, however there is not an attached/accessible method of interpreting the results. I scored 86 out of the total possible out of 117. If it is intended to demonstrate a percentage, at 73% I could use a boost in confidence in my ability to succeed in my sport. I would say this is accurate to where I am at currently in my life. My confidence is not at the highest it has been but is helpful to have this measure to reflect upon at the final evaluation point of this plan. Along the way, I learned additional strategies to include which are highlighted at the end of this document in the '*Re-Evaluation*' section.

Focus/Concentration:

Concentration is such a huge factor in goal achievement. Losing focus is so easy to do, especially when the odds are against us, or we when we are not feeling like we are performing at our best and negative self-talk enters our performance equation. There are times in my workout when the level of cardio increased in intensity and I was entering an uncomfortable phase (breathing heavy – I have asthma so automatically panic when my breathing becomes uneasy), Nideffer's model of concentration was helpful to highlight that making the decision to concentrate is key as it doesn't just magically happen. Aidan Moran (2009) and Robert Nideffer (1976, 1990) developed conceptualizations of concentration and principles for attention control training. The principles I applied primarily focused on concentration. Making the decision to focus on my form and breathing is helpful to enhance my performance – focusing on my form during exercise, helped reduce distractions and excuses to stop exercising. This utilizes narrow attentional focus as described by Nideffer (1976). When I felt uncomfortable during cardio

exercise gets uncomfortable, I focus on the pace of my breathing and the rhythm of the music playing to help reduce my anxiety.

Lately, with my decreased energy and discipline I notice my attention has become focused internally on what I am not doing leading to an increase in my anxiety, reducing my motivation and concentration.

The Individual Zone of Optimal Functioning (IZOF) theory (Hanin, 1990) (Williams & Krane, 2021) has the general goal of helping individuals understand and recreate emotional and behavioral patterns of successful performance that are synchronized and re-created to help the individual to function in their “zone”. There are four groupings of emotions which outline optimal functioning targets:

- negative performance impairing (unwilling, tired, depressed, sorrowful);
- negative performance enhancing (tense, nervous, dissatisfied, angry);
- positive performance enhancing (motivated, charged, energetic, confident) and
- positive performance impairing (pleasant, easygoing, fearless, animated)

I feel I perform my best when I am motivated or full of energy or when I am frustrated or angry, I can focus/harness my negative energy to perform better in my workouts. This translates to the negative performance enhancing zone utilizing the Individual Zone of Optimal Functioning (IZOF) theory (Hanin, 1990). During this time, physically I feel strong, intense, motivated, brisk, and alert as per the IZOF model (Williams & Krane, 2021) p. 163.

Imagery

I have been practicing internal and external perspectives which uses a person's senses to simulate an experience in your mind (Jeannerod, 1994) (Williams & Krane, 2021). This is a new practice for me, and I find it incredibly helpful. By focusing and visualizing an external image (outside my body) with deep breathing and shifting to an internal image (inside my body) and alternating between the two for a period (5 minutes or so) helps to activate my mind and the body to enhance your focus and performance. This has been helpful as I readjust my focus and priorities onto my goals. When I get stressed, I can go into this breathing and refocusing exercise quickly to refocus my concentration away from the stressful situation, re-focus it internally on the rhythm of my breathing, visualize externally on a designated point, and refocus on the task at hand.

Commitment to my goals have waxed and waned throughout the term. I have attended 2-4 workouts weekly, averaging 2-3 workouts weekly over the past month. I did prepare meal 2-3 times weekly, but I'm not at the level of discipline I would like to be as outlined in my original goal setting.

I have also resumed practice with imagery, and I feel it is helping to motivate me to refocus on my goals and re-engage in my plan. I also applied a concept noted by Huberman (2022) by foreshadowing failure (determining what will likely happen if I do not pursue my goal). I visualize what I am or could be at my worst and push to do the opposite of that. This has also been incredibly motivating to re-engage and stay focused on my plan. I practice mental rehearsal skills prior to my workouts and visualize my best performance to help to re-set my mental focus and concentration. I use positive affirmations (as noted above), personal rewards each week for a job well done, journal daily and daily imagery practice as well.

Mindfulness

Mindfulness is a practice I have been aware of for a long time, however, is new to me in practice. When we look at performance and even in treatment of anxiety, I believe mindfulness can play a very strong and underestimated role in effective performance enhancement emotionally, physically, and cognitively. I believe mindfulness often gets overlooked or underestimated when looking at mental health, physical health, and/or performance. The power of thought is still such a mystery, it is exciting to learn more about how significant the impact is between thoughts, feelings, physiology, and performance. I appreciate the breakdown provided by Birrer, Rothlin, and Morgan (2012) highlighting areas where mindfulness can improve overall function in the areas of attention, motivation, volition, regulation, fatigue/pain management, perceptual/cognitive improvement, motor control, self awareness/skills, coping, confidence, leadership, and recovery.

I completed the Five Facet Mindfulness Questionnaire, Baer, R. A., et., al., (2006) I scored 22 on the observing facet index; 26 on the describe facet index, 21 on the act with awareness facet index, 32 on the non-judging inner experience facet index, and 16 on the non-reactivity to inner experience facet index. This tool highlighted my low score on non-reactivity to inner experience which is very reflective. There are times when I experience negative thoughts and emotions and judge myself harshly in these areas which causes undue stress and angst.

I have implemented a daily meditation practice of setting a positive intention for the day, centering my breathing, and thinking of the top things I am grateful for. I practice this for 5 minutes each morning. I also practice this during times when I feel overwhelmed. I have been very consistent in my morning practice, however less consistent in times of stress. It is variable

in what else is happening in my day which determines how much time I can step aside to slow down my thoughts and be accepting, non-judgmental of myself. I also practiced mindfulness prior to working out/boxing for 5 – 10 minutes prior to commencing the activity. I focused my attention on what I wanted to accomplish prior to commencing the activity each time (i.e. repetition count, weight load, boxing combination), then practiced some deep breaths, visualized myself performing the activity and accepted the thoughts and emotions that came to the surface.

When I do this regularly, I have noticed a significant improvement in my ability to maintain a positive outlook during times of adversity and am able to regulate my thoughts and emotions much quicker than I could previously.

I still need to further refine my thoughts to be non-judgmental and accepting, to let go of negative situations/experiences more quickly, fully embrace gratitude in the moment, and explore a more structured program (i.e. include meditations from Headspace or Calm). After a period of several weeks of expanding my program, could re-assess with the Five Facet Mindfulness Questionnaire.

The model that made the most sense to me was the Mindfulness-Acceptance-Commitment (MAC) model described by Gooding & Gardner (2009). I appreciate the focus of this model highlights increasing mindful awareness and acceptance in sport. I think this is incredibly important as a primary foundation, especially in young/emerging athletes.

Embracing the present thoughts, feelings and sensations and learning how to develop and apply competitive, performance-based adaptations and plans, as described in the MAC model, a key missing link that I feel is lacking in the amateur sports I have been involved in over the past 16 years.

Often, the focus is on technical skill development, the perfect execution or outcome and push to enhance individual technical performance, burying their thoughts, feelings and sensations and pushing the sympathetic nervous system to push a “killer” competitive mindset, instead of accepting the present thoughts, feelings and sensations and creating mindfulness strategies to understand thoughts, feelings, and sensations and how to utilize these to enhance the individual’s performance.

Upon further reflection, I have expanded my view on mindfulness which are highlighted at the end of this document in the ‘*Re-Evaluation*’ section.

Relaxation

I have incorporated relaxation into my evening routine to help aid in recovery and sleep. I practice progressive muscle relaxation moving from head-to-toe alternating muscle flex. Mindfulness is such a foundational element that I believe often gets overlooked or underestimated when looking at mental health, physical health, and/or performance. The power of thought is still such a mystery, it is exciting to learn more about how significant the impact is between thoughts, feelings, physiology, and performance.

I have been somewhat inconsistent with the implementation of this approach, practicing 3-4 times per week instead of the daily goal I had planned. I do find it effective especially in times I have difficulty falling asleep, however on the nights when I was not feeling well and extremely tired, I fell asleep immediately and didn’t need to practice muscle relaxation. I have not incorporated it in any other way at this time. I could see how this would be helpful post-event/active recovery phase potentially in competitive sport.

This practice has been effective in facilitating rest/sleep on nights when my mind is racing, or I am feeling overwhelmed. Overall, I feel this has enhanced my performance by aiding my rest/recovery.

Upon reflection, in future, I could expand this practice into pre/post event activities in the future if I enter more intense physical activity. At this point, it helps me to sleep and preserve the physical and mental performance I do have.

Section II

Re-evaluation

This section will provide a summation of how my experience has impacted my how this informs how I may alter how I work with future clients in mental skills work, referrals, multi-cultural, ethical domains as well as my philosophy.

All of the skills taught this term were re-affirming, provided further depth, and applied learning to the fundamental skills learned at the beginning of this program. I will share how I applied further learning on the skills identified from the checkpoint exercises early in the term to the end of term.

Overall, I struggled to apply these skills consistently. I struggled to execute my exercise and nutrition goals. This really affected my confidence and mental state. I had to adjust along the way to pick myself up, re-engage, adjust my plan, and get motivated again. I think this was due to the sheer volume of “stuff” that was occurring in my life (work stress, family stress, etc.). This caused me to get off track, into the pit sometimes and figure a way out. I had to re-evaluate my plan, assess, educate myself, I referred to professionals, acquired and applied new skills, adjusted my plan and re-engaging. This is the same process I will use with clients. My experience (mental, emotional, physical, and spiritual) will help me to be empathetic to the client

when there are times where they too will struggle with setbacks. I have highlighted adjustments made as I learned more from the theory and my experience. In addition, I will tailor all work as noted in my original philosophy, to be client centered and mindful of what is important to them, inclusive of their goals, culture, identity and all that is important to them in an ethical and thoughtful way.

Tools

I found it helpful to learn about the validated assessment tools throughout this term, however when applying to my personal performance enhancement plan (PPPE), the following are the ones that were most helpful to me. This is due to the nature of my plan and the circumstances related to my performance. I do see the benefit of using validated tools in our work to assess, monitor, and evaluate goal setting and progress and would be more extensive in their use with professional athletes/clients to include the TOPS tool (Durand-Bush, et. al., 2022), Self-Talk Questionnaire (Zourbonos, et., al., 2009), the Flow Assessment Questionnaire (Jackson, S.A. et., al., 1998), etc. to name a few as these highlight areas of focus more specific to competitive sport and performance.

I have just highlighted the ones that are applicable to my PPPE at this time (recreational and addressing assessed area of need for me related to stress, self-talk and mindfulness. Holmes-Rahe Life Stress Inventory (Holmes, T., & Rahe, R., 1967) see www.stress.org . Five Facet Mindfulness Questionnaire. (Baer, R. A., et., al., 2006) – Appendix II; Daily Wellness Plan – Appendix III (self-created).

Goal Setting

In addition to those above, a new goal supporting exercise I am incorporating, is to create a vision board to outline what a “life worth living” would look like. This will highlight actions/reflections to create a strategy to outline steps needed to support the concept of if a miracle was to happen, what would my health, faith, intimate relationships, other relationships, and work look like. Identify the pleasures/rewards in the short term that can be accumulated over the long term to get to my life worth living. Reflecting and journaling each day, did the decisions I make or actions I took today bringing me closer to or further from my life worth living.

I refocused on process goals of achievement in just being at the gym that day and experiencing the general physical and mental health benefits and hoping this will help to re-establish my discipline to the plan I outlined as a primary focus rather than focusing on daily outcome goals.

Errors In Performance

When reflecting on areas where my performance fell (which was a lot), I paused to identify the primary root of the errors in my performance as identified by (Coker, 2018), e.g., technique, physiological deficiencies, inaccurate or delayed decision making, drill design, or psychological factors, and identified anxiety as the primary error and applied several interventions to address this (Williams & Krane, 2021) p. 30 as noted below. Upon reflection, when this occurred, I explored error identification and diagnosis (Williams & Krane, 2021) p. 30. The error I identified was on the psychological factors of anxiety, self-doubt, frustration, and lack of motivation.

I refocused on process goals of achievement in just being at the gym that day and experiencing the general physical and mental health benefits and hoping this will help to re-establish my discipline to the plan I outlined and again reflecting – even if I didn’t achieve my goals 100% to the letter with perfect macros, exercise plan of the day, how many decisions did I make today that took me closer to and/or further from my life worth living goals and re-start the self-talk script.

Mindfulness

In addition to the MAC theory described above, I am interested to learn more about the Mindful Performance Enhancement, Awareness and Knowledge (mPeAK) program created by (Haase et., al., 2015). I think this is important in the process but also balanced with a push to move further, advance to the next level, keep learning and growing from every attempt, failure and opportunity that is before you.

Self Talk

In addition to what was highlighted at the beginning of this paper, I needed to establish a self-talk script and am working on creating a mental alter ego to push me to a new level. I now tell myself I am a strong, bad ass that has conquered more than most, I am unstoppable, and nothing can get in my way. I possess the qualities of ‘Wonder Woman’ where I can shine, use my special powers to see what others can’t see, deflect harm/injury by seeing available solutions in the situation before me, I can out strategize obstacles, I get up early and to do the things needed that most people don’t imagine doing when they are sleeping, I can be savage to conquer that which most won’t attempt and I am confident, capable and worthy of all that I desire. God is by my side. Power, push, move, breath. I try to evaluate each decision in the moment - is this decision taking me toward or away from my goal of living a life worth living?

Stress Management

Given my elevated score on the Holmes-Rahe Life Stress Inventory (Holmes, T., & Rahe, R., 1967), I realized in my original plan, I did not have a fulsome stress management element in my performance plan. Upon reflection, I do incorporate elements informally and typically focus on problem-focused strategies when it comes to stress management over external factors that I have the ability to change (Williams & Krane, 2021) p. 221.

I have incorporated 4-7-8 breathing exercises (breathe in for 4 seconds, hold for 7 seconds, breathe out for 8 seconds and repeat 5 times) during times of stress. This is helpful to recenter and refocus away from the stressor and back to the present opportunity.

I also see the need and benefit of setting a plan for the week/day and execute this (as much as possible with my shifting schedule/daily demands) and strive to problem-solve in the moment to stay on track and in line with my overall goals. As such, I created a tool that outlines main categories to help keep me on track and monitor overtime (see attached Daily Wellness Plan).

I am working now to be more proactive in developing advanced coping (as noted above with self talk e.g., living the life worth living), seeking feedback from mentors and professionals, and support from trusted people in my life). I seek advice from experts in the field. I have a friend who is a personal trainer and nutrition coach who provides advice and social support several times per month. I see a psychologist intermittently and credit her for sharing the 4-7-8 breathing and life worth living strategies. Incorporating these have been significantly helpful. I also see a spiritual counselor to help connect spiritually and stay grounded in these principles as well, in addition to my fitness and nutrition coach (examples of how I referred myself to the

resources and incorporated expertise to broaden my approach to deliver what I needed to support my wellness plan). This is important for all clients.

Faith and gratitude - I meditate in scripture and pray daily as well. This is foundational in practicing gratitude for all that I have and all that my heart desires. Despite my failings, I am supported with love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. Knowing that no matter what comes, I am loved, I am given grace and given mercy gives me hope in the ultimate times of despair. I am committed to help others, teach, encourage give ad forgive others in their journey as well.

I also pursue information and tune into regular podcasts (e.g., Huberman Lab, Jordan Peterson, etc.) to learn more from reputable experts on stress management strategies and emerging information – generally several times per week. I also enjoy listening to audible books and have gleaned a lot from Brene Brown’s, *Atlas of the Heart* (2021), which provided an in-depth understanding of emotions, and their meaning and David Goggins, *Never Finished* (2022), which was an entertaining and inspiring story noting his application of visualization, self-talk, and imagery to help him reach his goals and deal with adversity.

Philosophy

This is my original philosophy: I thought sport provides a tangible opportunity to enrich the depth and dimension of each athlete physically, mentally, and spiritually. It also provides the opportunity for the athlete to tap into their true “why” and “purpose” which often extends far beyond sport and brings out elements of one’s personality - who they are and how they interact and make an impact on others. Sport provides a tangible mechanism to inspire health, hope and success. When an individual can utilize sport to explore and develop their natural talents, realize their dreams, achieve their goals, it impacts all aspects of their life and helps motivate others to

do the same. Sport provides a concrete and tangible way of emulating life in a less complicated way – when we master skills in sport, we can apply that to life as well in the areas of recognizing your passion, preparing for adversity, self-regulation, commitment to learning, discipline, peak performance, communication, relationships, and healthy living.

Goal attainment is a foundational element of sport. Often in life, we are told many things by well-meaning people who hold the best of intentions. Sometimes their desire to protect us can unintentionally put limits on our own confidence of achieving our goals and dreams. When these influences intend to ensure goals are “realistic” they often create elements of doubt, and sometimes trigger fear of success or failure in athletes. I see the fundamentals of this as setting a dream goal, finding a balance in achieving your goals, balance performance and process goals, utilize effective strategies to support goal achievement, effective time management, connecting with mentors, set fitness and mental goals, find a pace that works, evaluate your results, outcomes of your efforts, and reset your goals. Use failures as opportunities to learn (FAIL – first attempt in learning); through your weakness you will realize unknown strength and growth.

There is significant interplay between the purpose and goals in sport that also translates into life. When athletes can integrate their individual talents with a positive environment and supportive structure, the results are unimaginable and the “sky is the limit”. It is intriguing to participate and observe the dynamic aspects sport can bring to athletes and communities. My current philosophy has not changed from this original philosophy but is enriched by the experience of learning, living, and applying the skills we have acquired this term.

Personal Reflections

The fundamental piece for me in performance enhancement, is how to stay consistent when faced with adversity, how to apply these techniques to enhance your performance, to maintain momentum, to readjust when you fall off the rails in your fitness/sport and nutrition routines, and to plainly just pull yourself up when you fall into the pit of despair and re-engage in life. Of course, I would be remiss in not stating, learning the technical skills of sport is essential, supporting the inclusion of technical skills required for the sport is essential and needs to be coupled with the mental skills training in real time. I would work collaboratively with the athlete, with consent, the coach and performance team to support all aspects of performance. When looking at the area of focus this term, in the long haul, wherever life's journey takes you, mental skills are fundamental to success.

What I have learned will have a lasting affect for me when I work with future clients. I am always mindful of the codes of ethics and weigh out all the principles/standards to proactively anticipate and/or address issues that may arise. I will work to be aware of the wide variety of resources/specialists that are available to provide the best possible service to the client and to establish a list of well-researched resources at the ready to refer and access when needed. I am committed to keep the client at the center of all that we do - to fully understand their sport, the technical requirements, their personal and sport philosophy, their culture, their goals, their purpose, their why, their favored strategies, their strengths, their opportunities for development, their pace, and work with them throughout the process to observe, assess, educate, help them to acquire and apply new skills, re-evaluate, adjust, rinse, and repeat until we cross the finish line so to speak.

I am grateful for the opportunity to learn and apply Sport Psychology and Performance fundamentals. Throughout this term, and the evolution of life, I have a richer understanding of how performance enhancement measures do make all the difference in successful outcomes in sport and in life.

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AUTOMATIC SELF-TALK QUESTIONNAIRE FOR SPORTS (ASTQS) – *APPENDIX I*

INSTRUCTIONS

On the following questionnaire, there are phrases describing athletes' thoughts. Please use the rating scale below to indicate, based on your latest competitions, thoughts you usually experience or intentionally use while performing. Your responses will be kept in **absolute confidence**. In other words, your individual answers will not be shown to anyone. Please read each statement carefully, and then choose the correct response for you by circling the appropriate number.

0 =never, 1 = rarely, 2 = sometimes, 3 = often, 4 = very often

1.	I am going to lose 1	0	1	2	3	4
2.	I want to stop	0	1	2	3	4
3.	I am thirsty	0	1	2	3	4
4.	My body is not in a good condition	0	1	2	3	4
5.	I'm wrong again	0	1	2	3	4
6.	I want to get out of here	0	1	2	3	4
7.	What will I do later tonight	0	1	2	3	4
8.	I am tired	0	1	2	3	4
9.	I am not as good as the others 9	0	1	2	3	4
10.	I can't keep going	0	1	2	3	4
11.	I am hungry	0	1	2	3	4
12.	Today I 'suck' 12	0	1	2	3	4
13.	I am not going to reach my goal 13	0	1	2	3	4
14.	I am fed-up	0	1	2	3	4
15.	I want to take a shower	0	1	2	3	4
16.	My body doesn't help me today 16	0	1	2	3	4
17.	I cannot concentrate 17	0	1	2	3	4

18.	I think I'll stop trying	0	1	2	3	4
19.	My legs/arms are shaking from tiredness	0	1	2	3	4
20.	I am not going to make it 20	0	1	2	3	4
21.	What will others think of my poor performance 21 (93)	0	1	2	3	4

1	22	Let's go 1	0	1	2	3	4
2	23	Relax 2	0	1	2	3	4
3	24	I believe in me 3	0	1	2	3	4
4	25	Concentrate on your goal	0	1	2	3	4
5	26	Power 5	0	1	2	3	4
6	27	Don't get upset 6	0	1	2	3	4
7	28	I am very well prepared 7	0	1	2	3	4
8	29	Focus on what you need to do now 8	0	1	2	3	4
9	30	Give 100% 9	0	1	2	3	4
10	31	Calm down	0	1	2	3	4
11	32	I feel strong 11	0	1	2	3	4
12	33	Concentrate on your game 12	0	1	2	3	4
13	34	Do your best 13	0	1	2	3	4
14	35	No stress 14	0	1	2	3	4
15	36	I can make it 15	0	1	2	3	4
16	37	Focus on your technique 16	0	1	2	3	4
17	38	Strong 11	0	1	2	3	4
18	39	I believe in my abilities 18	0	1	2	3	4
19	40	Concentrate 19	0	1	2	3	4

Scoring

Negative Self-talk	Worry	<p>I am going to lose (1)</p> <p>I'm wrong again (5)</p> <p>I am not as good as the others (9)</p> <p>I am not going to reach my goal (13)</p> <p>I cannot concentrate (17)</p> <p>I am not going to make it (20)</p> <p>What will others think of my poor performance (21)</p>
	Disengagement	<p>I want to stop (2)</p> <p>I want to get out of here (6)</p> <p>I think I'll stop trying (18)</p> <p>I can't keep going (10)</p> <p>I am fed-up (14)</p>
	Somatic fatigue	<p>My body is not in a good condition (4)</p> <p>I am tired (8)</p> <p>Today I 'suck' (12)</p> <p>My legs/arms are shaking from tiredness (19)</p> <p>My body doesn't help me today (16)</p>
	Irrelevant thoughts	<p>I am thirsty (3)</p> <p>What will I do later tonight (7)</p> <p>I am hungry (11)</p> <p>I want to take a shower (15)</p>
Positive Self-talk	Psych-up	<p>Let's go (1)</p> <p>Power (5)</p> <p>Give 100% (9)</p> <p>Do your best (13)</p>

	Strong (17)
Anxiety control	Relax (2)
	Don't get upset (6)
	Calm down (10)
	No stress (14)
Confidence	I believe in me (3)
	I am very well prepared (7)
	I feel strong (11)
	I can make it (15)
	I believe in my abilities (18)
Instruction	Concentrate on your goal (4)
	Focus on what you need to do now (8)
	Concentrate on your game (12)
	Focus on your technique (16)
	Concentrate (19)

References

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- Zourbanos, N.**, Haznadar, A., Papaionnou, A., Tzioumakis, Y., Krommydas, Ch., Hatzigeorgiadis, A. (2016). The relationships between athletes' perceptions of coach-created motivational climate, self-talk, and self-efficacy in youth football. *Journal of Applied Sport Psychology*, 28, 97-112. DOI:10.1080/10413200.2015.1074630

Daily Wellness Plan – Date – Appendix II

Workout	Minutes – Cardio _____ Weights _____ Area of focus _____ How I felt 1 – 10 _____ Effort 1 – 10 _____ Goal for tomorrow _____
Daily Water Intake	3.5 – 4 L (circle when complete) 1 2 3 4 How do you feel when hydrated _____
Daily Shake	<input type="checkbox"/> Protein/water <input type="checkbox"/> Fruit added <input type="checkbox"/> Time of day _____ (post workout)
Breakfast	<input type="checkbox"/> Protein/complex carb <input type="checkbox"/> _____
Daily AM Snack	<input type="checkbox"/> Protein/1c. Veggies (1/4 c nuts, cheese, meat, peanut butter) OR <input type="checkbox"/> Protein/1 c. Fruit <input type="checkbox"/> _____
Lunch	<input type="checkbox"/> Protein/complex carb/veggies <input type="checkbox"/> Meat, eggs, etc <input type="checkbox"/> Rice, potatoes, whole grain bread <input type="checkbox"/> _____
Daily PM Snack	<input type="checkbox"/> Protein/1 c. Veggies or <input type="checkbox"/> Protein/1 c. Fruit <input type="checkbox"/> _____
Supper	<input type="checkbox"/> Protein/complex carb/veggies <input type="checkbox"/> Meat, eggs, etc <input type="checkbox"/> Rice, potatoes, whole grain bread <input type="checkbox"/> _____
Snack if hungry	<input type="checkbox"/> Veggies/protein <input type="checkbox"/> _____
Describe how you feel today	<input type="checkbox"/> Sleep 1 – 10 _____ <input type="checkbox"/> Energy 1 – 10 _____ <input type="checkbox"/> Thoughts 1 – 10 _____ <input type="checkbox"/> Emotions 1 – 10 _____ <input type="checkbox"/> Other – steps taken toward life worth living _____

Five Facet Mindfulness Questionnaire – *Appendix III*

Description:

This instrument is based on a factor analytic study of five independently developed mindfulness questionnaires. The analysis yielded five factors that appear to represent elements of mindfulness as it is currently conceptualized. The five facets are observing, describing, acting with awareness, non-judging of inner experience, and non-reactivity to inner experience. More information is available in:

Please rate each of the following statements using the scale provided. Write the number in the blank that best describes your own opinion of what is generally true for you.

- 1 2 3 4 5 never or very rarely sometimes often very often or rarely true true always true
- __4__ 1. When I'm walking, I deliberately notice the sensations of my body moving.
- __4__ 2. I'm good at finding words to describe my feelings.
- __4__ 3. I criticize myself for having irrational or inappropriate emotions.
- __2__ 4. I perceive my feelings and emotions without having to react to them.
- __2__ 5. When I do things, my mind wanders off and I'm easily distracted.
- __3__ 6. When I take a shower or bath, I stay alert to the sensations of water on my body.
- __4__ 7. I can easily put my beliefs, opinions, and expectations into words.
- __2__ 8. I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted.
- __2__ 9. I watch my feelings without getting lost in them.
- __4__ 10. I tell myself I shouldn't be feeling the way I'm feeling.
- __2__ 11. I notice how foods and drinks affect my thoughts, bodily sensations, and

emotions.

- ___1___ 12. It's hard for me to find the words to describe what I'm thinking.
- ___2___ 13. I am easily distracted.
- ___3___ 14. I believe some of my thoughts are abnormal or bad and I shouldn't think that way.
- ___2___ 15. I pay attention to sensations, such as the wind in my hair or sun on my face.
- ___2___ 16. I have trouble thinking of the right words to express how I feel about things
- ___4___ 17. I make judgments about whether my thoughts are good or bad.
- ___2___ 18. I find it difficult to stay focused on what's happening in the present.
- ___2___ 19. When I have distressing thoughts or images, I "step back" and am aware of the thought or image without getting taken over by it.
- ___3___ 20. I pay attention to sounds, such as clocks ticking, birds chirping, or cars passing.
- ___2___ 21. In difficult situations, I can pause without immediately reacting.
- ___2___ 22. When I have a sensation in my body, it's difficult for me to describe it because I can't find the right words.
- ___3___ 23. It seems I am "running on automatic" without much awareness of what I'm doing.
- ___2___ 24. When I have distressing thoughts or images, I feel calm soon after.
- ___4___ 25. I tell myself that I shouldn't be thinking the way I'm thinking.
- ___2___ 26. I notice the smells and aromas of things.
- ___4___ 27. Even when I'm feeling terribly upset, I can find a way to put it into words.
- ___3___ 28. I rush through activities without being really attentive to them.

- ___2___ 29. When I have distressing thoughts or images I am able just to notice them without reacting.
- ___2___ 30. I think some of my emotions are bad or inappropriate and I shouldn't feel them.
- ___3___ 31. I notice visual elements in art or nature, such as colors, shapes, textures, or patterns of light and shadow.
- ___4___ 32. My natural tendency is to put my experiences into words.
- ___2___ 33. When I have distressing thoughts or images, I just notice them and let them go.
- ___3___ 34. I do jobs or tasks automatically without being aware of what I'm doing.
- ___4___ 35. When I have distressing thoughts or images, I judge myself as good or bad, depending what the thought/image is about.
- ___4___ 36. I pay attention to how my emotions affect my thoughts and behavior.
- ___4___ 37. I can usually describe how I feel at the moment in considerable detail.
- ___4___ 38. I find myself doing things without paying attention.
- ___4___ 39. I disapprove of myself when I have irrational ideas.

Scoring Information:

Observe items:

1, 6, 11, 15, 20, 26, 31, 36

Describe items:

2, 7, 12R, 16R, 22R, 27, 32, 37

Act with Awareness items:

5R, 8R, 13R, 18R, 23R, 28R, 34R, 38R

Nonjudge items:

3R, 10R, 14R, 17R, 25R, 30R, 35R, 39R

Nonreact items:

4, 9, 19, 21, 24, 29, 33

Reference:

Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Using self-report assessment methods to explore facets of mindfulness. *Assessment*, 13, 27-45.