

## BETTER THAN GOOD

Ideal performances are better than just “good” performances. They have certain feelings attached to them that set them apart. If you think back on some of your own ideal performances you’ll see what we mean. Think of a time when you had an ideal performance. Try to remember clearly how it felt. Then take the quiz below to define those special characteristics of ideal performance.

ideal performances.

You’ve had lots of them; people have them all the time. They are short moments when all of a sudden things seem to flow; you get in a groove; things feel easy — and you know you’re at your best.

**1. First write down a brief description of your performance. Where were you? What were you doing?**

I had an ideal performance when I \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2. Now circle the answers below that best describe how you felt during that performance.**

During that performance...

**Question 1**

- a) I felt relaxed
- b) I felt tense

**Question 2**

- a) I had a lot of energy
- b) I had very little energy

**Question 3**

- a) I was very focused on what I was doing
- b) I was easily distracted by things around me



“I knew I wasn’t focused on that history test because in the middle I started thinking about how my boyfriend hadn’t called for three days.”

#### Question 4

- a) I was thinking about the outcome (for example, the score, or what would happen when I finished)
- b) I was thinking about what I was doing, not the outcome

#### Question 5

- a) I was feeling confident and optimistic
- b) I was feeling nervous and pessimistic

#### Question 6

- a) My actions seemed to happen by themselves, automatically
- b) I had to put a lot of thought into every move

#### Question 7

- a) I was having fun
- b) I was bored

## ANSWERS

When you are in the Ideal Performance State...

**Question 1:** a. you feel relaxed. Being tense would get in the way of your performance.

**Question 2:** a. you have a lot of mental and physical energy.

**Question 3:** a. outside distractions disappear. All that exists is what you are doing at that moment.

**Question 4:** b. you're not thinking about the outcome of your performance, only about doing the best you can do.

**Question 5:** a. you feel confident. You know you are performing well. Any nervousness you felt earlier is gone.

**Question 6:** a. your actions seem automatic. You seem to know what to do without thinking about it.

**Question 7:** a. you are having fun. You're on a natural high.

**Question 8:** b. your performance feels easy. The movements come; the answers flow; your performance seems to happen effortlessly.

*"I was arguing with my parents over when I could go out with my friends. During the whole argument I felt really confident. I knew I would win, and I did."*



#### Question 8

- a) The activity seemed difficult
- b) The activity seemed easy

#### Question 9

- a) I felt really clear-headed
- b) I felt foggy-brained

#### Question 10

- a) I felt out of control
- b) I felt in control of my actions