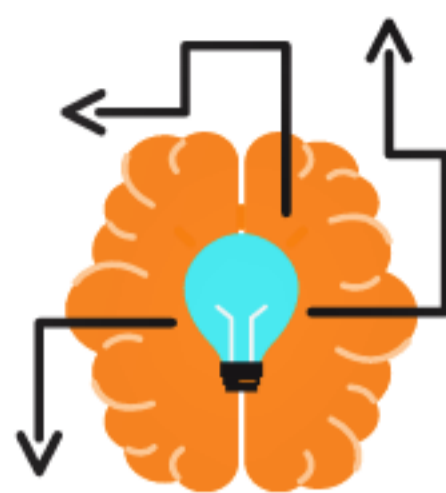


PERFORMANCE PSYCHOLOGY: COGNITIONS OF COMPETITION



WITH DANIEL ROVAK

MENTAL GAME



Many performers understand the physical tasks of performance: training, exercise, practice, but forget the impact that the mind has on peak performance. Below we will outline some basic factors that play a role.

Confidence

It is easy to lose confidence sometimes. Maybe we think **someone is better** than us, maybe we **did not prepare** enough, maybe we **did poorly** last time.

Whatever it is, when we are not feeling confident, it will certainly affect the way we perform!



ATTENTION



Internal/ External/ Multi-dimensional

Performers may get stuck in thoughts about themselves during performance: "How do play this note on piano?" "How did coach tell me kick the ball?" Other times it's outside forces: "Mom and dad are yelling to me from the sidelines" "Someone's phone is ringing" Other times, it is a mixture of everything; it is hard to be our best when we are **distracted**.

MOTIVATION

Internal/ External

Performance is sometimes affected by an individuals inside motivation: "Why am I here?" "What do I want?"

Other times is comes from outside forces: "I do not want to disappoint anyone?" "They said I am good at it?"



DISCOVERY



Now that we have gone over some basics, it is time to discover the specifics of why our performance has changed. Life is complicated. Things like **life transition**, **family issues**, **relationships**, and other **mental health concerns** all can play a role in our ability to perform in school, play, sports, music, or even our role as a child, teen, or adult.

BACK ON TRACK



Together, we can build new tools and new perspectives to get us performing our best for any role we need to fill!