

IDENTIFY YOUR IPS

The Ideal Performance State is unique to each person and can depend on personality, sport, and experience. It is made up of 3 components: (1) physical energy level, (2) mental focus, and (3) mood. Where do you need to be for each component to perform at your optimal? Draw a line or a dot on the scale that corresponds to your ideal state.

PHYSICAL ENERGY LEVEL – how physically energized you need to feel

Calm/low energy

Excited and energized

Extremely energized



MENTAL FOCUS – how much you’re thinking about things

Loose mind, almost not thinking

Some focus but not tense

Intense thinking focus



MOOD – your overall feelings

Calm, relaxed or neutral

Positive or content

Angry or excited



YOUR CURRENT RECIPE

What factors do you include in your current recipe to help you be at your ideal performance state? Jot down the essential ingredients to go into your recipe (examples: time to bed, how much sleep, nutritious foods, how much water, music, visualization, people you hang out with, etc.)

IPS FACTORS	What works	What doesn't work
Rest and Recovery		
Nutrition and Hydration		
Physical Preparation		
Mental Preparation		
Other Factors		

TRAINING & COMPETITION MINDSETS

Try to have similar ideal performance states for training and competition. This helps the mind and body prepare the same way for both and creates more consistent performance.

