

Example 1: A Great Thing 😊

SWIMMING EXAMPLE

1. Description. *What happened?*

I had a great start. I was first off the blocks. 😊

2. Feelings. *What was I thinking or feeling?*

It felt great when I hit the water.
It happened very quickly, I can't really remember what else I was thinking or feeling. Overall good feelings!!

3. Evaluation. *What was good about the experience?*

When I start well, I know I am going to swim well.
And I did... I got a win and a PB!

4. Analysis. *What sense can I make of the situation?*

All my hard work on my start is paying off.
I know that if I start badly, I am not confident when I hit the water. I understand this about myself.

5. Conclusion. *What else could I have done?*

Nothing I can think of. I am happy how it went.

6. Action Plan.

How am I going to keep doing this going forward?

I am going to keep putting in extra effort on my diving drills after each training session.

Example 2: An Average Thing

HOCKEY EXAMPLE

1. **Description.** *What happened?*

I had a good shot at the goal but the goalie saved it so we drew the match.

2. **Feelings.** *What was I thinking or feeling?*

It felt great when I hit the ball. It was a good shot. But the goalie made a great save which made me angry and sad at the same time. It's disappointing. I feel all my hard work was worth nothing because we still drew the match.

3. **Evaluation.** *What was good/bad about the experience?*

Good – the shot.

Bad – the fact that the goalie was still able to stop it.

4. **Analysis.** *What sense can I make of the situation?*

I know this goalie is really good. My shot was good too...

I must just get better.

5. **Conclusion.** *What else could I have done?*

I could have gone for the opposite corner of the goal possibly.

6. **Action Plan.** *How am I going to work on this going forward?*

I need to practice with a better goalie possibly?

Or just more difficult drills when practicing a shot at the goal.

I will ask my coach and brainstorm.

Example 3: A Bad Thing

GOLF EXAMPLE

1. **Description.** *What happened?*

I missed an easy putt on the 8th and bogeyed the hole.

2. **Feelings.** *What was I thinking or feeling?*

As I hit the ball I was thinking “don’t miss, don’t miss” And I missed. Then I got angry! And felt embarrassed too.

3. **Evaluation.** *What was bad about the experience?*

I felt nervous. I rushed my routine. I felt out of control and stupid once I’d missed because I know I can make that putt easily.

4. **Analysis.** *What sense can I make of the situation?*

I know the moment I start telling myself “don’t miss, don’t miss” things go badly for me. I rushed my routine instead of slowing down.

5. **Conclusion.** *What else could I have done?*

I could have re-started my routine when I felt myself saying “don’t miss, don’t miss”.
I should have done some breathing or centering exercises.

6. **Action Plan.** *How am I going to work on this going forward?*

I am going to see my coach this week for more putting drills. I am not happy where my putting is. I also need to see my psychologist to figure out how to stop getting into my head before every putt.

