

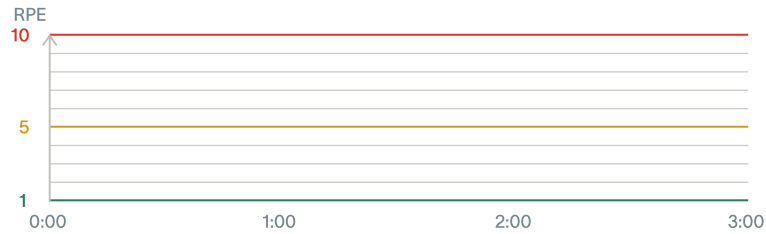
Emotional: Choose your state under extreme pressure

Squat hold 1

Time _____ sec

Default state

- ☐ Warrior
- ☐ Athlete
- ☐ Sage
- ☐ Panda



Your tough situation

My situation

RPE

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ 10

Default state

- ☐ Warrior
- ☐ Athlete
- ☐ Sage
- ☐ Panda

How did your default state help you?

How did your default state limit you?

Back to your tough situation

Which state would have been optimal?

- ☐ Warrior
- ☐ Athlete
- ☐ Sage
- ☐ Panda

How could you have shifted?

Squat hold 2, coached

Time _____ sec

State that worked best to reduce RPE

- ☐ Warrior
- ☐ Athlete
- ☐ Sage
- ☐ Panda



My shift toolbox

Warrior

Athlete

Sage

Panda

Music				
Fuel				
Place				
Cue word				
Posture				
Breath				
Gaze				
Visualise				

