

The Performance Mindset ©

What is it?

The Performance Mindset© uses KEYWORDS in a strategic way to focus your attention fully on the element you are performing, when you are performing it in the program. Often when skaters skate their program they are focused on “what ifs”? (future thinking) or worries about mistakes (past thinking). By implementing The Performance Mindset© your attention is redirected to the task at hand, whereby a mistake or mishap can be made but is quickly dismissed as you progress to the next element. This system enables you to get in the zone and perform your best when it counts!

“One mistake can’t make or break a performance. However, if you choose to focus on it, not letting it go, it will surely lead to disappointment.”

How it works

List the elements in your program. For each element create 1-3 keywords that help you focus on completing it successfully. Keywords can be technical words like *up, right side* or more unconventional words or phrases your coach uses. Keywords help to break down the program into its individual parts, making it feel less overwhelming. It is a great idea to review these with your coach. Next, follow the Element by Element Cycle© for each element in the program.

Element-by-Element Cycle ©



For each element follow the Element by Element Cycle© ...

Flooding – flood your mind with the keywords on each element. Repeat the keyword(s) on the set up and while completing the element.

Completing – complete the element. The landing of the jump, exit of the spin or completion of the step sequence signifies the end of the element.

Detaching – Detach from the outcome. Whether it was your best or worst attempt or somewhere in between, detach from the emotions. You can deal with those once you have left the ice.

Letting go – Letting it go. Remind yourself to “let it go”. Once the element is complete it is in the past. A mistake can’t break a performance but if you choose to hyper focus on it, it will!

List the elements and keywords for your Short Program

ELEMENTS	KEYWORDS

List the elements and keywords for your Long Program

ELEMENTS	KEYWORDS