GUIDELINES FOR KEEPING A SPORT JOURNAL
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This journal is a tool to help you further develop your mental skills for sport performance. The first step to gain self-control is to develop an awareness of your sport performance so that you can recognize when you are pulled out of the most appropriate mental state for you. The journal provides you with an opportunity to record the different intervention strategies that you experiment with to regain control. The long range goal is to develop various techniques that you can implement in stressful situations to perform to your utmost ability.

If you choose to, the journal also can be a place where you can record your feelings and the personal knowledges that you are gaining about yourself, the game, your teammates, and any other factors. This is one of the few times in your life that you will ever direct so much energy on one specific goal. There is a lot to learn from your pursuit of excellence. This journal will give you something to reflect back on after your high level participation is completed.

The journal also can serve as a place where you can express your feelings in writing and drawings. It is beneficial to get these feelings out in some manner so that they don't build up and contribute to unproductive tension. The use of colored pens is often helpful to express yourself. You do not have to make an entry every day, but date the entries you do make. The journal is an informal record of your thoughts and experiences as you train for high level performance.

If you choose to have me read your journal, please feel comfortable to delete any parts that you think are too personal to share. My intention is to guide you and make suggestions that may facilitate your self-exploration in reaching your goals.

I would suggest that you try this technique, but it is not for everyone. If you choose not to, that is your choice.

1. Peak Performance
   What does it feel like when you play and/or practice at your best? Describe some of your most enjoyable experiences playing your sport. What have you learned from these moments when you are fully functioning?

2. Stressors
   Outside the sport - Write down your thoughts about various events outside your sport that are distracting to you? Parents, boy/girlfriends, peers, job hassles, financial issues, community (hometown expectations) etc.

3. Coaching Staff
   What do you need from your coaches? What can you give them in order to reach your goals? Your ability to express your feelings and ideas?

4. Teammates
   What do you want from your teammates? What can you give them? How do you relate and work with your teammates? Write about your relationship with other teammates. Any unfinished business?

5. Confidence
   At this time how confident are you in regards to achieving your goals? What can you do differently to feel more confident? What can you ask of yourself, coach
6. **Manifestations of Your Stress**
How do you experience high levels of anxiety in performance? Physical, thoughts and behavioral reactions. What did you do to intervene and keep in balance?

7. **Awareness and Concentration**
What changes do you observe in your performance when you are aware? What concentration methods are you experimenting with? What are your focal points for various skills? Resting, position, penalty corners, etc.

8. **Relaxation Training**
How are your relaxation skills developing? Are there any parts of your body that are more difficult than other to relax? What method is best for you? In what manner are you able to relate this to your play? How quickly can you relax?

9. **Thought Control**
How is your self-talk affecting your performance? Write out some of your negative self-talk and make it positive.

10. **Centering/Concentration Skills**
What are you doing to concentrate appropriately before the contest and during the contest? What has been successful? Unsuccessful? Describe your pre-performance routine.

11. **Mental Room**
What does your mental room look and feel like for you? Can you get to your mental room quickly? What do you like most about your mental room? How often do you use it?

12. **Imagery**
How are your imagery skills developing for you? Do you see a TV screen-type image or is it more of a feeling image? At what point do you notice lapses in concentration? How clear are your images? Can you control the speed and tempo of the image?

13. **Controlling Your Arousal Level**
What are you doing to control your arousal level? What are you doing to increase arousal and intensity? What are you experimenting with to reduce arousal levels? What is working for you and what is not working?

14. **Pressure Situations**
How are you handling pressure situations? What are you doing differently? What are you doing to learn to cope more effectively?

15. **Quality Practice Time**
What do you do to mentally prepare for practice? How do you keep your personal difficulties from affecting your play? What are you doing to take charge? What works for you and what hasn't worked?

16. **Mental Training Program Feedback**
Your reaction to the program? What is having an impact? What do you find helpful? What do you find unproductive?

17. **Any questions for Ken.**