



OAKHURST MENTAL PERFORMANCE CHECKLIST

Training / Pre-competition	Poor		Excellent			Comments
	1	2	3	4	5	
Awareness of personal Ideal Performance State (ie. thoughts, behaviors, activation for peak performance)	1	2	3	4	5	
Pre-performance routines established	1	2	3	4	5	
Pre-performance routines implemented	1	2	3	4	5	
Mental skills practiced in training (eg. breathing techniques, visualization, refocusing strategies, relevant helpful behaviors)	1	2	3	4	5	
Appropriate process, performance and competition goals established	1	2	3	4	5	
Mental performance plans developed	1	2	3	4	5	
During Competition						
Attention modulation (ie. maintained attention to right things at right time, managed distractions, kept focus in present moment)	1	2	3	4	5	
Stress regulation (ie. maintained physical/cognitive activation within optimal moderate range)	1	2	3	4	5	
Productive thinking (ie. managed self-talk/inner dialogue, positive performance expectations)	1	2	3	4	5	
Self-confidence (ie. implemented strategies to sustain self-belief throughout competition having trust in skill level and level of preparation)	1	2	3	4	5	
Behavioral regulation (eg. positive/productive interactions with coach, horse, fans; showing consistent, predictable demeanor)	1	2	3	4	5	
Failing forward (ie. seeing errors as learning opportunity, responding productively to mistakes or unexpected events)	1	2	3	4	5	
Performing in Ideal Performance State (ie. performance feels effortless, natural, enjoyable, in a “flow” state)	1	2	3	4	5	
Mental performance plans implemented (eg. breathing techniques, visualization, focusing strategies, relevant behaviors)	1	2	3	4	5	
Post-Competition						
Performance reflection (eg. conduct <i>Start, Stop, Continue</i> exercise; celebrate small wins; revise strategies as required)	1	2	3	4	5	
Assumed healthy responsibility for the controllable aspects of performance (ie. take ownership and accountability)	1	2	3	4	5	