

Off-Peak Performance Events Tracker

Be aware of an off-peak performance event at the time it is happening. Use these questions to focus your awareness on the details of it as it is happening. Write it down later.

| Date | What was the experience? | How did your body feel, in detail, during the experience? | What moods and feeling accompanied this event? | What thoughts accompanied this event? | What thoughts are in your mind now as you write this down? |
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