

	<b>Thoughts</b> (What do you think about?)	<b>Feelings</b> (How do you feel?)	<b>Behaviours</b> (What do you do?)
<b>Ideal Performance State (IPS)</b> <i>When have you performed well?</i> Example:			
<b>Poor Performance State (PPS)</b> <i>When have you performed poorly?</i> Example:			
<b>Strategies to recreate IPS</b>			

