

BODY · EMOTIONS · THOUGHTS

MENTAL PERFORMANCE WORKBOOK

One system. Twenty minutes a day.
Built from real coaching sessions, not theory.



<https://critiquelperformance.com>

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MEET YOUR COACH.

Every person in sport has been on this bench at some point. The kid carrying water bottles. The scorer at the boundary. The assistant coach. The team manager. The head of sport. The psychologist on the courtside. That's been the journey here too.

Premier League cricket and hockey came first. Then two master's degrees, one from Sweden, one from Germany, in sport science and sport psychology. Seventeen years coaching athletes, learners, and professionals across Johannesburg, Gauteng, and far beyond followed.

The conclusion was always the same: the mental side is the missing piece, and nobody teaches it properly. Not in a structured way. Not in a way that sticks. Not in 20 minutes a day, which is all it actually takes.

Rishaan Govind, founder of Critiquel Performance.

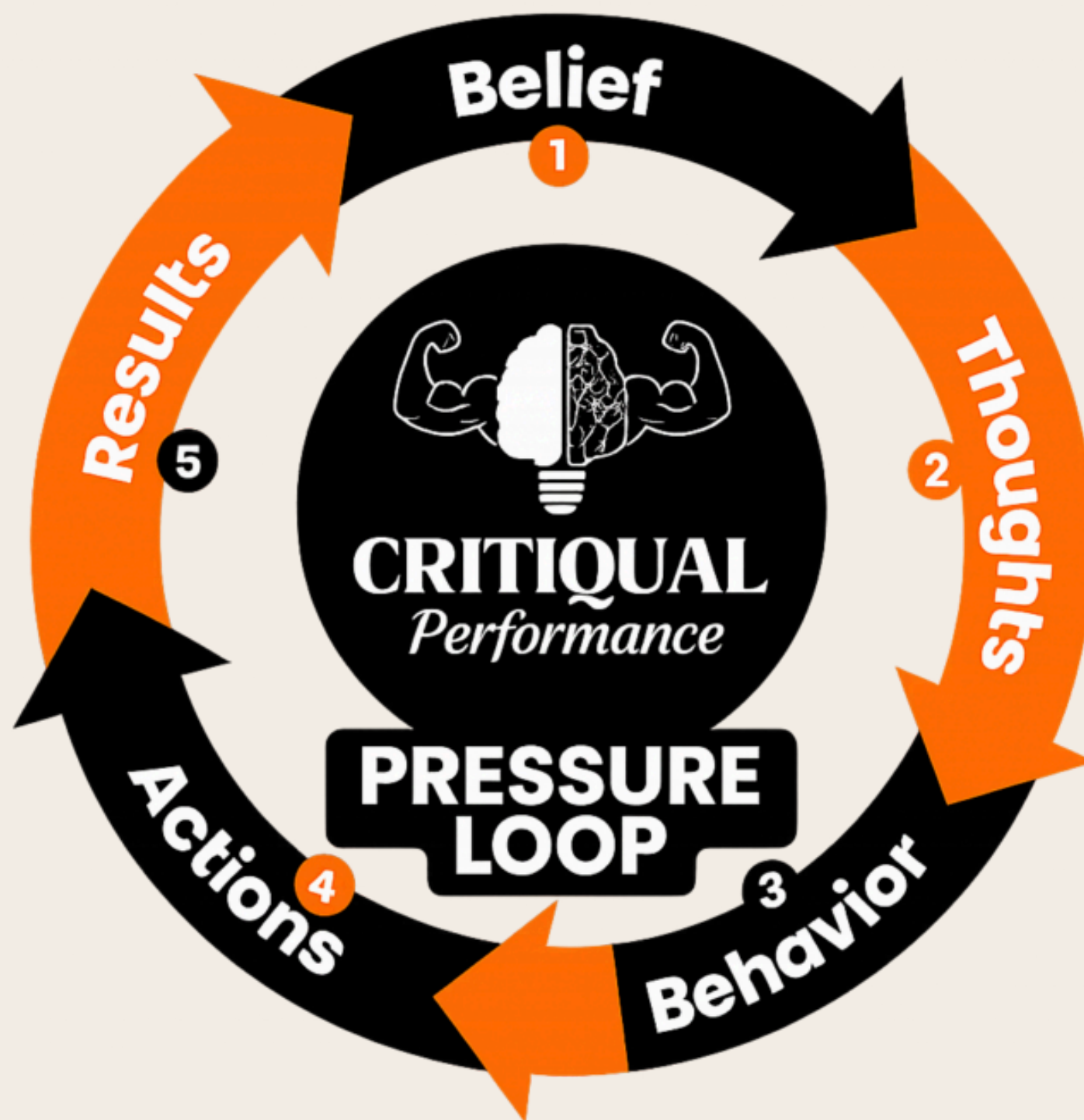


THIS WORKBOOK STARTS THAT PROCESS.

THIS IS THE TRAP YOUR **CHILD** IS STUCK IN.

Most kids do not quit because they are weak. They quit because they get trapped in a loop they do not know how to escape. A mistake happens. Doubt creeps in. Confidence drops, effort drops, results drop. Every setback reinforces the same lesson: trying feels risky, pulling back feels safer.

Without intervention, the loop does not fade with age. It hardens.



Disengaging becomes protection. You see anger. Withdrawal. "I don't care."
Underneath it: overwhelmed, exposed, afraid.

The child feels misunderstood. The parent feels helpless. No one drops their guard.
Nothing changes. The loop tightens.

This workbook interrupts the loop at the only two points where it can be interrupted: how the body responds, and what the mind does next.

START WITH HONESTY.

Think about your last best performance. What were you thinking just before it started?

Think about your last worst performance. What was happening in your body in the minutes before?

What is one thing about your mental game you have never told a coach?



THE SELF-ASSESSMENT MANIKIN

A validated tool used in sport psychology to measure your emotional state across three dimensions:

1. How happy you feel about the upcoming activity?
2. How excited does the upcoming activity make you feel?
3. How confident are you about your own skill and ability about the task coming up?

Three numbers. Thirty seconds. The most useful data you will ever collect about yourself.

Self-Assessment Manikin



The Self Assessment Manikin (SAM) is a tool used to measure emotional responses. Use it to assess your feelings, excitement level, and confidence in relation to a specific task.

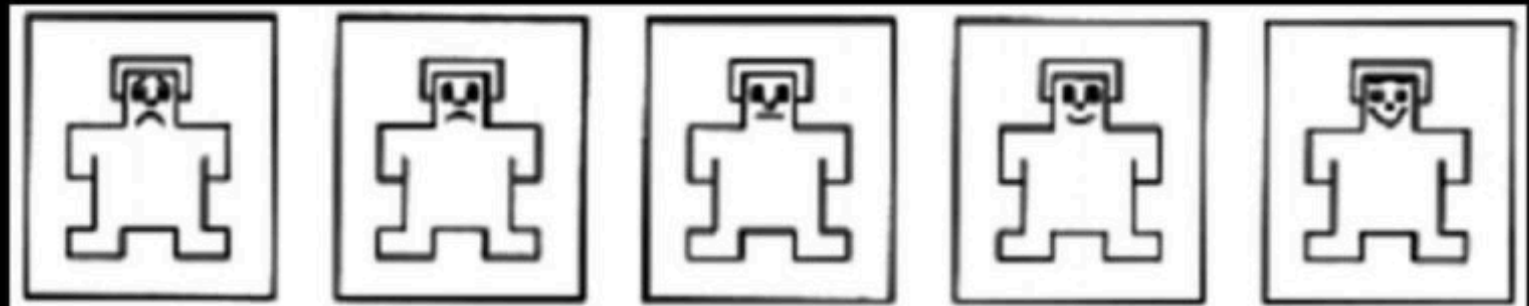
Follow these **three** steps:

Step 1: Rate Your Happiness

Using a scale from 0 to 10

0 being not happy at all

10 being extremely happy



Step 2: Rate Your Excitement

Using a scale from 0 to 10

0 being very calm

10 being extremely excited

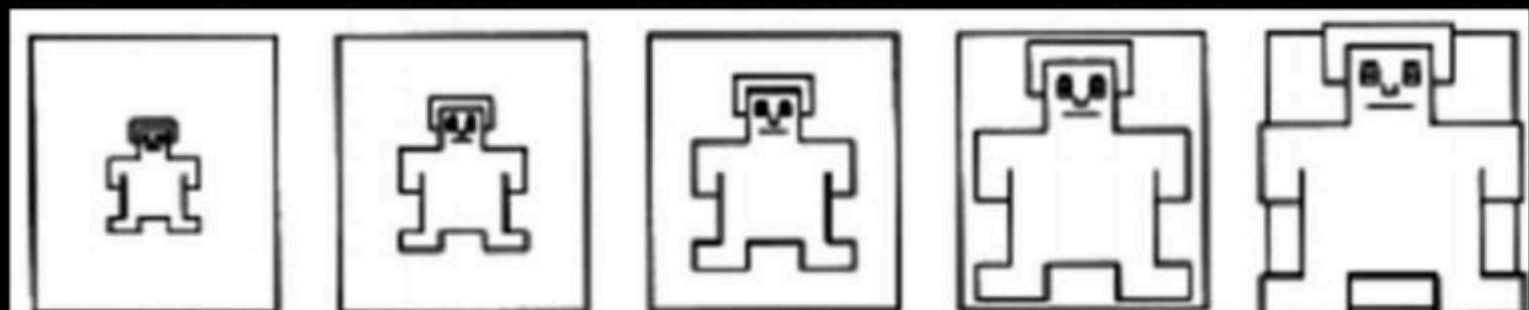


Step 3: Rate Your Confidence

Using a scale from 0 to 10

0 being not confident at all

10 being extremely confident



WHAT IS HAPPENING RIGHT NOW.

What is going through your mind right now?

What emotions are you feeling? Name them specifically, not just "nervous."

What is your body doing? Tight shoulders, fast heart, dry mouth, calm hands?

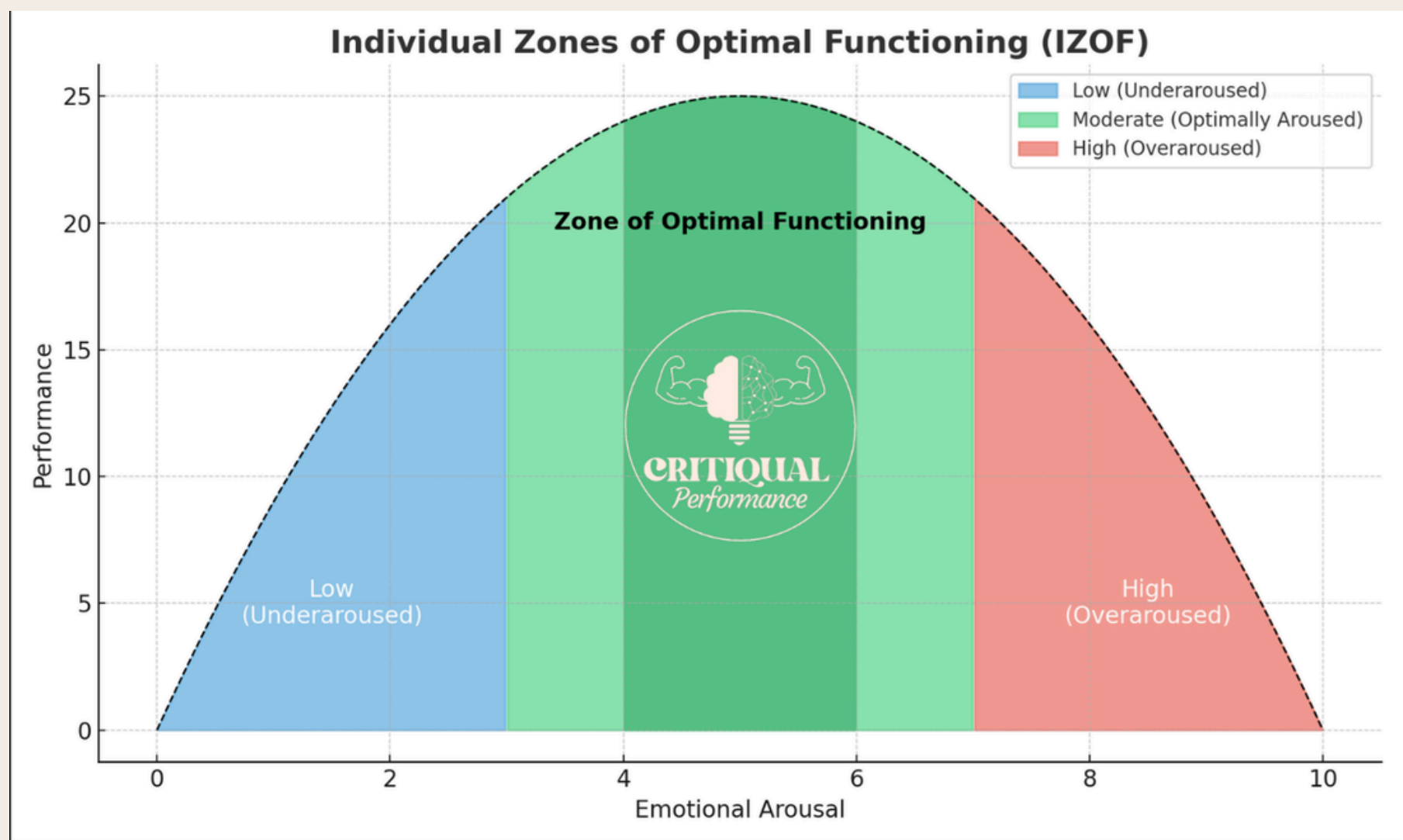
Come back to this page after the session. Compare what you wrote here with how you performed. That comparison is your performance map.

FIND YOUR ZONE STOP FIGHTING YOUR NERVES. CALM IS NOT THE GOAL.

Here is what most people get wrong about pressure: they think the goal is to feel calm. It is not.

Some athletes perform best highly activated, excited, energised, almost restless. Others need quiet focus. Others need something in between. The optimal emotional state is different for every athlete.

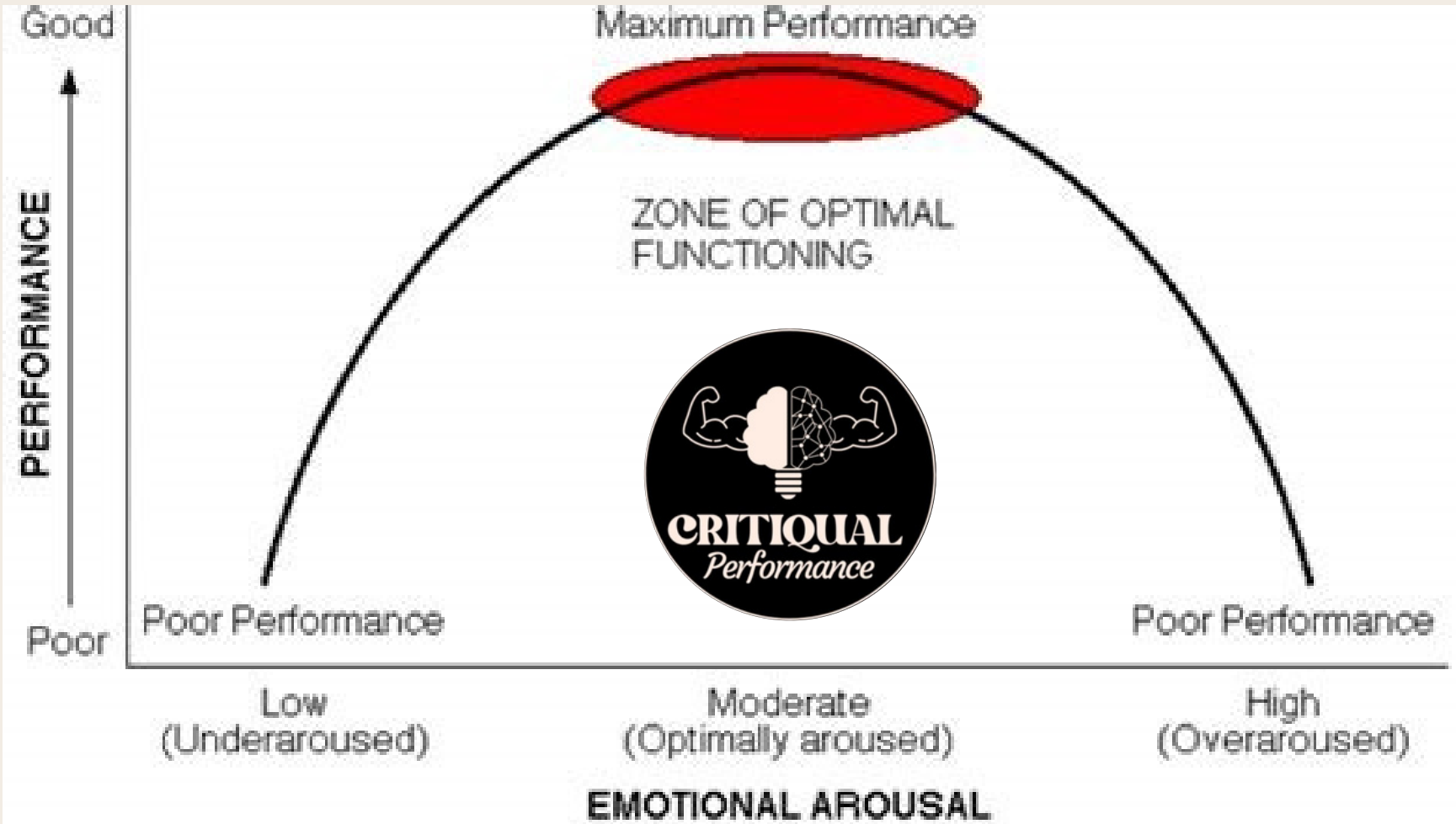
The IZOF model maps your individual zone, the arousal level where your performance is highest. Not the zone that works for your teammate. Yours.



**"STOP TRYING TO FEEL CALM.
START TRYING TO FEEL RIGHT."**

INDIVIDUAL ZONE OF OPTIMAL FUNCTIONING

YOUR ZONE IS YOURS ALONE.



Think about your three best performances. What were you feeling just before?

Now your three worst. What were you feeling just before those?

NOW BUILD THE TOOLS TO GET THERE.

UNDERAROUSSED

Energy flat, engine idling. What activates you? Music, movement, a cue word, a specific routine.

OVERAROUSSED

Too hot, too anxious. What brings you back? Breathwork, a reset phrase, cold water, slowing your movements.

IN YOUR ZONE

What is one signal your body gives you when you are exactly where you need to be?

PUTTING IT TO WORK YOU HAVE DONE THE FIRST WORK. PRACTICE IS WHAT CHANGES YOU.

You know where you are. You know your zone. You have your three scores. You have named your thoughts, your emotions, and what your body does under pressure.

That is more self-awareness than most athletes accumulate in years. Now the only thing that matters is what you do with it.



WHAT COMES NEXT THE WORKBOOK GOT YOU STARTED.



If you want to go deeper, one-on-one coaching is the next step.

We work through understanding stress, anxiety and nerves, session by session, until the system becomes automatic under real pressure.

If you coach a team, run a club, or lead a school, this same system works at scale. Group sessions, workshops, and term partnerships are available for schools and clubs who want every athlete working from the same framework.

I RESPOND PERSONALLY.
ALWAYS.

— RISHAAN