MENTAL PERFORMANCE CENTER

ALBERT DUARTE

Certified Mental Performance Coach

POST-GAME REFLECTION WORKSHEET

A structured way to learn from performance without overreacting to the score, statistics, or one difficult moment.

Reflect honestly.
Keep what worked.
Adjust what comes next.

Why reflection matters

Reflection turns experience into learning. The purpose is not to criticize yourself or relive every mistake. It is to identify what helped, what interfered, and what specific action will improve your preparation and response next time.

Facts Describe what happened without exaggeration.	**Lessons** Identify the most useful information.	**Action** Choose one adjustment you can control.

Do not evaluate your entire ability based on one performance.

PART 1 - THE PERFORMANCE SNAPSHOT

Competition, opponent, date, and role

The final result or outcome

Three facts about how I performed

QUICK SELF-RATING

Area	1	2	3	4	5	Brief note
Preparation						
Focus						
Confidence						
Emotional control						
Communication						
Response to mistakes						

The moment I felt most confident

The moment I felt most challenged

PART 2 - WHAT WORKED

Identify behaviors you want to repeat, not just outcomes you liked.

- I followed my preparation routine.
- I stayed connected to my role.
- I communicated effectively.
- I used useful self-talk.
- I recovered quickly after a mistake.
- I maintained strong body language.
- I competed with courage and effort.
- I supported teammates and respected others.

The three behaviors I want to repeat

One decision I made well under pressure

PART 3 - WHAT NEEDS ADJUSTMENT

Separate technical, tactical, physical, and mental adjustments.

Area	What happened?	Next adjustment
Technical		
Tactical		
Physical		
Mental		

PART 4 - RESPONSE TO ADVERSITY

The mistake, call, distraction, or pressure moment that affected me most

My first emotional and physical response

What I did next

The response I want to rehearse for next time

PART 5 - NEXT COMPETITION PLAN

One thing I will keep

One thing I will change

One mental skill I will practice

My next performance cue

LEARN, ADJUST, AND RETURN STRONGER

Complete the Mental Performance Gap Analyzer™ or schedule a free consultation with Albert Duarte.

ADMPC.co

Educational use only. This worksheet supports mental performance development and is not a substitute for medical or mental-health care.