

Name \_\_\_\_\_ Per \_\_\_\_\_ Date \_\_\_\_\_

**Optimal Level of Arousal Self-Evaluation**

Worksheet 21.2

- I. Place your sport or skill on the continuum at the level of arousal that is optimal for that sport or skill (that will result in the best possible performance).

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Low Mid High

- II. Consider what you have done in the past to increase or decrease your own level of arousal to be able to perform at your best. For each item below do two things:
- (1) State YES or NO for if you have tried it before or not
  - (2) If YES describe how well it worked, if NO describe if you think it will work for you.

To Decrease your Level of Arousal

1. slow down the warm-up
2. downplay the importance of the event
3. change your focus
4. relaxation techniques
5. create a mental “resource room” to calm down

To Increase your Level of Arousal

1. Short bursts of high intensity effort (jumping, sprinting)
2. Remind yourself of the importance of the event
3. Change self-talk

4. Remind yourself of your goals
  5. Breathing
  6. Stretch and exercise
  7. Pre-competition workout
  8. Music or videos
  9. Energizing imagery
  10. Energizing verbal cues
  11. Energy from the environment
  12. Transferring energy
  13. Pep-talks
  14. Bulletin boards
- III. Answer the following questions honestly
1. What new strategy for decreasing your level of arousal have you learned that you will try?
  2. What new strategy for increasing your level of arousal have you learned that you will try?