

**ELITE**

**PERFORMANCE**

**PEAK PERFORMANCE PROTOCOL  
RESOURCES**

### STEP 1. NAME YOUR INTERNAL PLAYERS

Higher Level Me = \_\_\_\_\_

Lower Level Me = \_\_\_\_\_

### STEP 2. MAP PRESSURE POINTS

List the 3 critical moments where you are most likely to crack under pressure.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### STEP 3. SPOT EARLY WARNING SIGNS (ABC Triangle)

Affect: \_\_\_\_\_

Body & Behavior: \_\_\_\_\_

Cognition: \_\_\_\_\_  
(thoughts/self talk)

### STEP 4. PEAK PERFORMANCE RESET PROTOCOL

My reset move = \_\_\_\_\_

(e.g., breathing, physical movement, etc)

### STEP 5. VERIFY & RE-ENGAGE

(ABC Triangle Reset Check)

Confirm I'm back in Higher Level Me by running through the ABC Triangle:

- Affect:** I feel calm, composed and purposeful, not reactive or overwhelmed.
- Body & Behavior:** feel stable. My breathing is calm, muscles are relaxed, is steady.
- Cognition:** my thoughts and self talk are clear and focused on execution (not panic or self-doubt).

**If any box is unchecked → repeat my reset protocol before re-engaging.**

**REMINDER:** Use this sheet in the moment as you feel pressure rising. Don't rely on your gut when you're already emotionally compromised. Just follow the steps.