

## Performance Indicators – EMOTION

Adrenalin flows, let it do so naturally.

Anger, disappointment and joy all come on the same journey with you as they reflect you.

Use the emotion for the benefit of your present and future performance.

Counter defeatism with self talk.

If losing confidence, cope by strutting around, be proud.

Avoid indecision by an air of authority.

Negative thoughts will occur, tune out from them.

Lachlan Tighe, 2015.