

**Website menu- Tools to perform  
Performance indicators, emotion**

**Performance Indicators – EMOTION**

Adrenalin flows, let it do so naturally

Anger, disappointment, 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.