

WORST DAY VS BEST DAY

what's the difference?

Imagine your best day in softball and answer the questions. Then do the same for your worst day. When you're finished, compare the two columns. What stands out? How are they different? What will it take for you to have more days like your best day?

	BEST DAY	WORST DAY
Who were you playing against?		
What were your thoughts before the game?		
What were you thinking during that performance?		
How were you feeling in that moment?		
What was your focus during that performance?		
What, if anything, seemed different when you were playing?		

