

The 6 C's of Performance

Positive and Negative Key Words / Concepts



Confidence	Challenge	Control	Commitment	Character	Concentration
Takes the risk	Seeks it and likes it	Focus on tasks	Likes repititional opportunity	Trustworthy	Adjustability
good body language	Competes	Thinks positive	Grit / determination	Respected	Regains focus
Positive self-talk	next play next challenge	Energy / Hustle	Likes to be prepared	Teammate /Team work	In the moment
In the now	takes risks	Cool, calm in pressure	Passion – does not feel like work	Humility	Routines
Trusts Self	Eager / Play Hard	Pos react to set backs	Maintains focus	Citizenship	Relaxed
Recover from failure quickly	Adjustability	Turn the page	Contagious	Sportsmanship	Learns



Confidence	Challenge	Control	Commitment	Character	Concentration
Emotional	Fear of failing	Anxiety	Give up	Not likeable	Divided attention
Over analyze	Intimidated by others	Easily provoked	Lacks effort	Selfish	Previous Pitch won't flush
Negative self-talk	Avoids effort	Easily annoyed	Distracted easy	Careless	Paralysis by analysis
Cluttered head	Reacts to setbacks	Focuses on Feelings	Takes shortcuts	Complains	Busy mind
Can't turn the page	Fails in high pressure	Can't control focus	Intimidated by goals	Lies or makes stuff up	Anxious mind

NOTE: Some attributes fit multiple columns

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