

# PiXL Endurance



# Performance: it's all in the preparation

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'There are no secrets to success. It is the result of preparation, hard work and learning from failure.'

Colin Powell



# How ready are you to perform?

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All of our hard work comes together when we have an opportunity to perform, whether that's in a sports competition, a theatrical performance or in an examination.

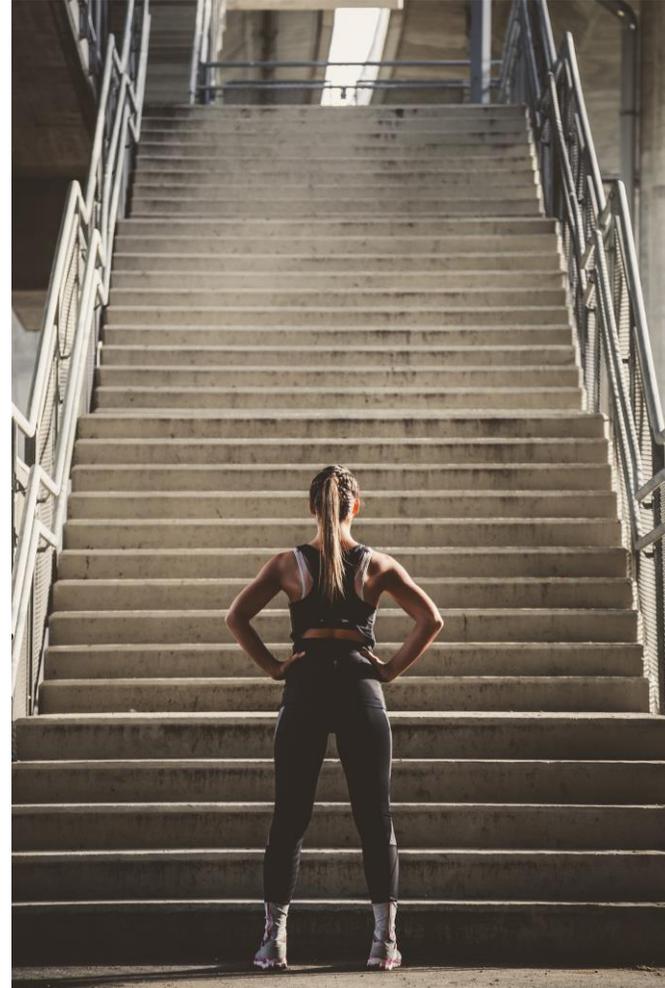
When we think about how we can prepare to perform, we think about the 'content' of that performance: the lines we need to perform in the play or the content we need to know for an examination.

There are so many things that influence a performance though and, to be the best, all of these factors need to be worked on – not just revision.



# What factors affect our ability to perform?

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# What factors affect our ability to perform?

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- our goals
- ability to manage stress
- mental energy
- quality of sleep
- whether we feel rested and recovered
- physical activity
- nutrition

**No matter how much revision you have done, you can improve your performance by working on these areas.**



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'By failing to prepare, you are preparing to fail.'

Benjamin Franklin



# How ready are you to perform?

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Think back to the list we looked at earlier and consider what areas might be preventing you from performing at your very best.

- our goals
- ability to manage stress
- mental energy
- quality of sleep
- whether we feel rested and recovered
- physical activity
- nutrition



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‘Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character.’

Alan Armstrong



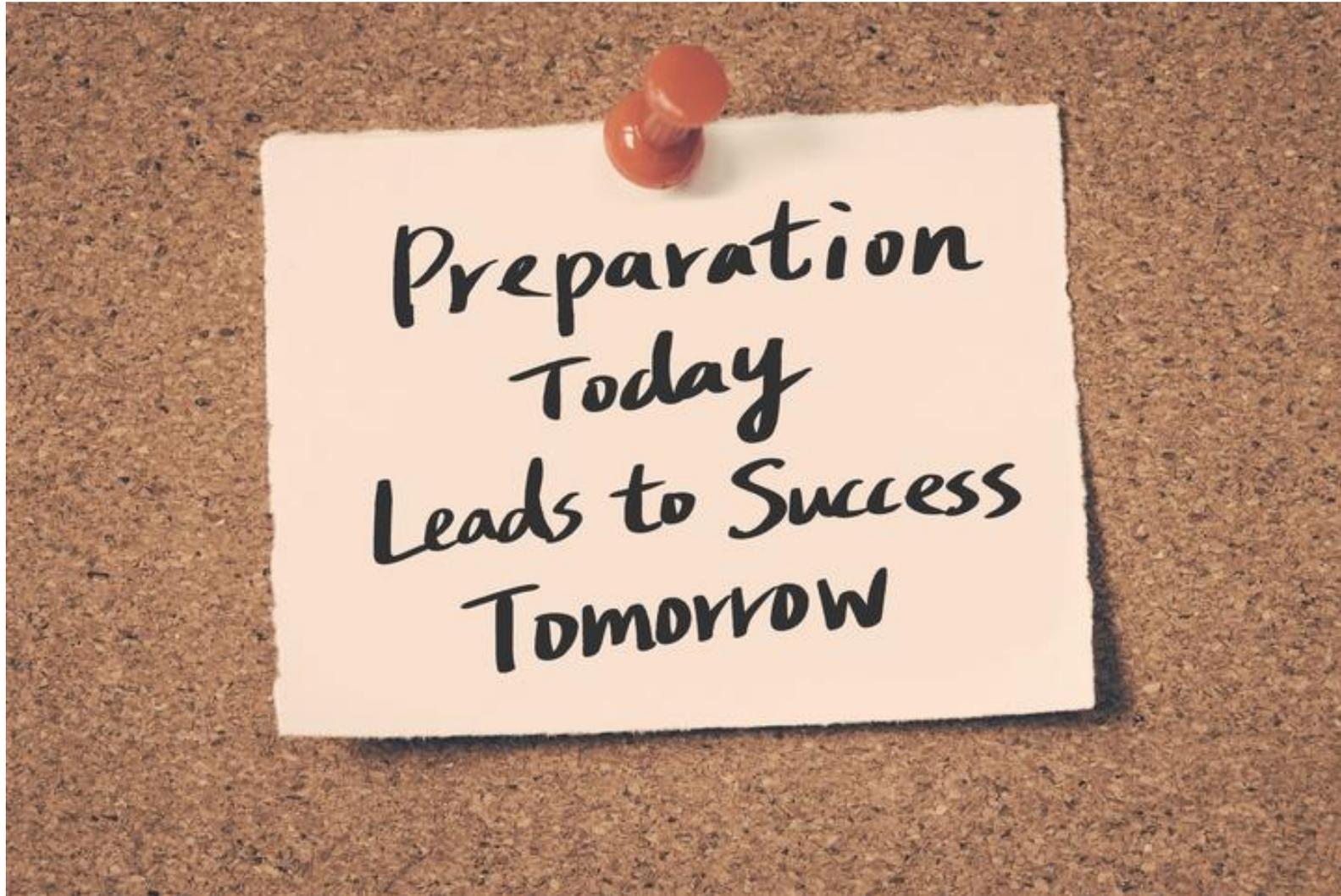
# How ready are you to perform?

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On pages two and three of your Prepare to Perform booklet, you will find short activities to complete to help you reflect on how ready to perform you are.

From there, you can begin to optimise your preparation.





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