

POST-EVENT REFLECTION

Complete this worksheet after every performance to support your resilience.

Exercise: Post-Event Reflection

The PER is a structured post-event reflection tool, developed by Sport Psychologists Chow and Luzzi. It helps athletes systematically process their performances in a constructive manner.

Date:

Practice or Competition (indicate opponent or event):

Performance Notes:

Performance Statistics:

1 How would you rate your performance today?

☐☐☐☐☐☐☐☐☐☐

1

5

10

Poor

Acceptable

Excellent

Reason for Rating:

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2 Reinforcing Strengths & Making Adjustments

	Technically	Strategically	Mentally
What worked well for you today?			
What did not work so well for you today?			
What adjustments do you need to make?			
How will you make the adjustments?			

3 Rate Your Mental Attributes Today

	1 Low	5 OK	10 High	Describe
Focus	☐	☐	☐	
Confidence	☐	☐	☐	
Composure	☐	☐	☐	
Motivation	☐	☐	☐	
Resilience	☐	☐	☐	
Mindfulness	☐	☐	☐	
Optimism	☐	☐	☐	

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4 How were your energy levels today?

	1 Low	5 OK	10 High	Describe
a. During warm-up	☐	☐	☐	
b. Just before practice/competition	☐	☐	☐	
c. During practice/competition	☐	☐	☐	

5 How well did you start and finish?

6 What did you learn about yourself today?

7 What did you do today to make your teammates better?

8 Anything else you want to note?