

Enhancing Human Performance

TOOLBOX TOPIC:

Introspection Skill

E.I. Skill:	Introspection (5 of 5)	E.Q. Competency:	Self-Awareness
Team Leader:		Date:	
Head Coach:			

Definition: What is Introspection?

- Looking inward.
- Consciously analyzing yourself.
- Examining your thoughts, feelings, and behavior.
- Reflecting on your personal performance.



(+) Behavior Patterns: Athletes proficient in this skill will demonstrate these behaviors.

- Reflect on how well or poorly they have performed.
- Evaluate themselves and make judgments about what they need to change or improve.
- Consider their patterns of motivation and demotivation.
- Avoid blaming others for their choices and the consequences of those choices.

Why does the Introspection Skill matter in Athletics?

- When you engage in introspection, you learn faster because instead of just going through the motions, you are installing your own feedback loop.
- Balancing activity with reflection.
- Execution with evaluation elevates your mood, lowers your stress, and increases relaxation.
- Deep and consistent introspection increases honesty with self.

Feedback | Notes:

Who demonstrates these behaviors:

1. _____
2. _____
3. _____

EQ⁴ ATHLETICS

by Parrish Owen Taylor

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Development Tips: To increase performance in this skill, apply these best practice techniques.

- Try to recognize patterns in yourself—both success and failure patterns. Pattern recognition is a key to personal development. Reflect carefully on what you’ve learned at the end of each day. Record it in a journal.
- Identify your beliefs, assumptions, and expectations. Make them explicit so you can reflect on them and challenge them.
- Meditate (Mental Pause) for five minutes before transitioning to a new activity. Look for the causes of your emotions. Identify the points where your emotions shift.
- Create a series of questions to ask yourself what will help you systematically reflect on the patterns of your behavior.
- Identify times when you feel tempted to blame others for choices and consequences that are really your own.
- Find satisfaction in good performance and give yourself credit for the progress you are making.

Human Performance Tools: Athletes reduce errors when practicing these mental techniques.

INDIVIDUAL TOOLS	WORK-TEAM TOOLS
• Visualization Technique (task preview) • Reflection Technique (task review) • Questioning Attitude (good, do-better) • Breathing Exercises (pause) • Self-Checking (self-talk, in the moment) • Word-Clusters (mental menu list)	• T.E.A. Filter • M.E.F. Interview • Effective Communication (personality style) • Six Cylinder Model • Maturity Metrics • EQ Social-Competencies

SIGN-OFF

Name & Signature	Name & Signature