

CHECKLIST OF ATTITUDE ADJUSTMENT STATES

At a comfortable pace, read through the list of words on this page. Circle those words that you feel do, or could, relate to your athletic performance in a positive way.

Able	Concentrated	Fascinated	Leisurely	Profound	Speechless
Absorbed	Confident	Feeling	Lethargic	Pure	Spirited
Accepting	Conscious	Flexible	Letting be	Quiet	Spiritual
Actualized	Contemplative	Floating	Letting go	Radiant	Spontaneous
Adjusted	Contented	Flowering	Liberated	Ready	Stable
Agreeable	Controlled	Flowing	Light	Real	Steady
Alert Alive	Cool	Fluid	Lightheaded	Realized	Still
Amazed	Coordinated	Focused	Lighthearted	Reassured	Stimulated
Amused	Coping	Fortified	Limber	Reborn	Strengthened
Animated	Cozy	Free	Limp	Receptive	Strong
Answered	Creative	Fresh	Liquid	Recovered	Supple
Assertive	Daydreaming	Fun	Listless	Refined	Surprised
Assured	Deep	Funny	Lively	Refreshed	Sustained
At ease	Delighted	Gentle	Loose	Rejoicing	Thankful
At home	Detached	Giggly	Loving	Rejuvenated	Thrilled
At one	Devoted	Glorious	Loyal	Relaxed	Throbbing
Athletic	Discharged	Glowing	Lucid	Released	Tickled
Attentive	Discovering	Good	Luminous	Relieved	Timeless
Attuned	Discriminating	Gratified	Massaged	Remote	Tingling
Awake	Dissolving	Great	Meaningful	Removed	Touched
Aware	Distant	Happy	Meditative	Renewed	Tranquil
Balanced	Dreamy	Harmonious	Mellow	Reposed	Transcendent
Beaming	Drowsy	Healing	Melting	Resolved	Transparent
Beautiful	Dynamic	Healthy	Motionless	Rested	Unaffected
Belonging	Easy	Heavy	Moved	Restored	Unbothered
Beneficial	Easygoing	High	Natural	Reverent	Unburdened
Blessed	Ecstatic	Hopeful	Noiseless	Right	Unconstrained
Blissful	Effective	Imaginative	Nonchalant	Safe	Understanding
Boundless	Elastic	Immense	Open	Satisfied	Undistracted
Bright	Elated	Immortal	Optimistic	Secure	Unflappable
Calm	Encouraged	Immune	Ordered	Sedate	Unhurried
Capable	Energized	In control	Pacified	Sensitized	Unified
Captivated	Engaging	In touch	Passive	Sensuous	Uninhibited
Carefree	Engrossed	Indifferent	Patient	Serene	Unruffled
Caressed	Enlivened	Inexhaustible	Pausing	Settled	Unworried
Caring	Enraptured	Infinite	Peaceful	Sexy	Vigorous
Casual	Enthusiastic	Innocent	Perceptive	Sharp	Vitalized
Centered	Entranced	Insightful	Placid	Silent	Void
Cheerful	Equanimous	Inspired	Playful	Simple	Warm
Childlike	Escaped	Integrated	Pleasant	Slack	Warmhearted
Cleansed	Eternal	Interested	Pleased	Sleepy	Whole
Clear	Even	Intuitive	Pleased	Slow	Wholesome
Collected	Exalted	Invigorated	Poised	Smooth	Wise
Comfortable	Excited	Jolly	Positive	Soaring	Wonderful
Competent	Expansive	Joyful	Potent	Social	Wordless
Complete	Far away	Knowing	Prayerful	Soft	Worshipful
Composed	Far off	Laid back	Productive	Soothing	