

## The Redpoint Performance Plan

After examining the characteristics of your best and worst performances, use these ten points to create a plan to foster more consistent success.

1. On a day when I expect to make redpoint attempts, I want my warmup to consist of the following:

2. After my warmup, as preparation for redpoint attempts, I want to think and say the following things to myself:

3. On a scale of 1 to 10 my level of emotional excitement will be:

1    2    3    4    5    6    7    8    9    10

4. On a scale from 1 to 10 my level of fear will be:

1    2    3    4    5    6    7    8    9    10

5. My goals and expectations for redpoint attempts are:

6. During redpoint burns I will say the following things to myself.

7. During a redpoint attempt I prefer to be feeling:

8. During a redpoint attempt, if anything unexpected happens, I will respond in the following manner:

9. On days when I'll make redpoint burns, I need a partner who:

10. When it comes to the sequences and details of a route I want to redpoint, I will know and do the following on redpoint burns: