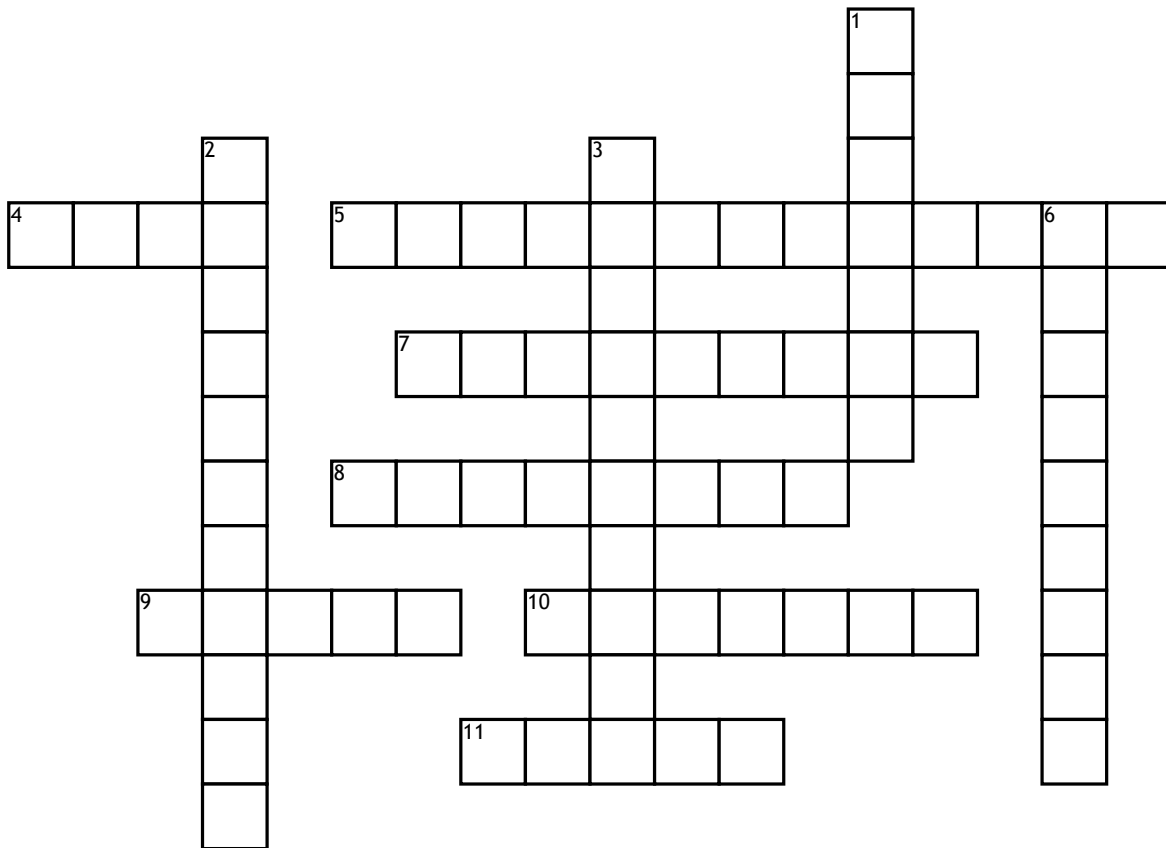


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# IZOF Crossword



## Across

4. Individual \_\_\_\_\_ of Optimal Functioning
5. An athlete can identify their unhelpful \_\_\_\_\_ patterns by describing their emotions related to unsuccessful performances.
7. The IZOF model is both a theoretical framework and \_\_\_\_\_ approach.
8. One's \_\_\_\_\_ (hint: feelings) can help an individual decide whether his/her performance is helpful or unhelpful.
9. Who developed IZOF?
10. When athletes are in their optimal performance zone, it means that they are in their preferred level of \_\_\_\_\_?

11. True or false: being "in the zone" feels the same for every athlete.

## Down

1. IZOF distinguishes between poor and \_\_\_\_\_ performance?
2. If an athlete experiences too much or too little anxiety, this can hinder one's \_\_\_\_\_?
3. An athlete can identify their helpful \_\_\_\_\_ patterns by describing their emotions related to positive/optimal performances.
6. IZOF can be helpful in building an athletes self-\_\_\_\_\_ of how their performance relates to their emotional state and anxiety levels?