

# PERFORMANCE RATING FORM

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

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

Please list performance barriers that have occurred within the last 2 weeks (e.g., negative thoughts, negative emotions, lack of concentration, etc.):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

0  
None

1

2

3

4

Moderate

5

6

7

8

Extreme

Please rate each of the following using the 0-8 scale above:

Performance Domain	Satisfaction With Performance	Impact on Performance
Intra-class training		
Extra-class training		
Relationships w/ staff		
Relationships w/ peers		

(From Gardner & Moore, 2007)



**THE ACTOR'S DOJO**