

# EMBRACING YOUR POTENTIAL

Consistent good performance just doesn't happen, you need to plan it! – execute it! – and evaluate it!

Ask yourself is this what's happening? In your plan ask yourself why am I playing cricket? Is it just to be a fair cricketer? Or do I want to be a good/greater and improved cricketer playing to my potential?

If the answer is to be a good and improving cricketer and that's not happening, you need to change what you are doing, ie. Your approach to training, preparation on game day, the mind set "that this is the way it is", because it's easy to take the easy way out and accept a poor performance (she'll be right next time). It's much harder to evaluate a performance and change your plan and execution to achieve a better result next performance.