

THE THREE-QUESTION GAME LOG

DON'T REPLAY THE GAME. LOG IT.

WHAT IT IS

Five minutes after every game, three questions. Over time the log shows you your pattern and what works for you, so you can find it again when it matters.

1. THE GAME

The game

opponent, date, format

My role today

batting, bowling, fielding, all of it

Do it the same day, while it is fresh. Be specific. "I was nervous" is too big to change.

2. THREE QUESTIONS

Q1

WHAT FELT OFF?

One moment, not the whole game. When did it slip, and what was in your head?

Q2

MOST NATURAL

Which version of your reset, routine or plan felt most like you? Keep that one.

Q3

BEST ANCHOR

What pulled you back? A spot on your bat, a short breath, a word.

Why a log. Mike Hussey documented what was going on in his head. When he fell short of his standard, he went back to his log: what worked, what didn't, what had changed. You can't remember it all. Write it down.

3. LOG IT

DATE

FELT OFF

VERSION

ANCHOR

Same day. One change at a time. Pick one thing for your next game. Look back every few games. The pattern is the point.

NOW WHAT?

TAKE IT TO YOUR NEXT GAME.

KEEP IT COMING

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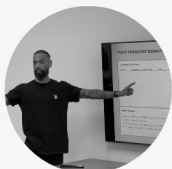
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See how 22Unlocked works →

The app built around this same thinking.

Work with me 1:1 →

Playing state, premier or above? A short call to see if it's a fit.



Nik Badkundri

Cricket Mental Performance Expert

At 15, I wasn't selected. I had the skill. I couldn't find it when it mattered. So I built 22Unlocked, so no player has to walk off thinking "I know I'm better than that."