

Name _____

Email _____

Mental Skills Assessment for Students

Write the number in the space on the left column below that best expresses the degree of agreement or disagreement with each of the statements.

Strongly disagree

Strongly agree

1

2

3

4

5

Motivation

- 1.____ In class, I usually manage my mental energy well enough to perform my best.
- 2.____ I really enjoy working with other student who are of high caliber.
- 3.____ I am good at motivating myself.
- 4.____ I find that I usually try my hardest.
- 5.____ I normally have a clear idea of why I work so hard.

Goal setting

6. ____ I always set goals for myself in school and life..
- 7.____ My goals are very specific. .
- 8.____ I always analyze and evaluate the outcome after a big test or project. .
- 9.____ I usually set goals that I can achieve.

Self-confidence

- 10.____ I never suffer from a lack of confidence about my performance abilities.
- 11.____ I approach all assignments, projects, and exams with confident thoughts.
- 12.____ My confidence never decreases even as exams draw near.
- 13.____ Throughout all assignments, projects and exams, I keep a positive attitude.

Anxiety and fear

14. ____ I don't often experience fears about failing.
15. ____ I rarely worry that I will disgrace myself, my family, and my teachers.
16. ____ I rarely let my mistakes distract me when I take a test or present.
17. ____ My anxiety isn't harder to control in the presence of other students or teachers.

Relaxation

18. ____ I am able to relax before a big speech or test.
19. ____ I never become too tense before a big test or project.
20. ____ Being able to calm myself down is one of my strong points.
21. ____ I know how to relax in difficult circumstances.

Concentration and focus

22. ____ My thoughts are never elsewhere during a class or exam.
23. ____ My concentration rarely lets me down during the competition.
24. ____ Unexpected noises and sights don't distract me during exams or presentations.
25. ____ Despite distractions, I can control my focus during class, speeches, or exams.

Imagery

26. ____ I can rehearse my role/plays in my imagination.
27. ____ I can rehearse my skills in my head before I use them.
28. ____ It is not difficult for me to form mental pictures.
29. ____ I can easily imagine how it feels to do my best.



DARING

DARE TO GIVE YOUR DREAMS WINGS

Body language and expression

30. ____ I am good at controlling my feelings during presentations or exams..

31. ____ I never have difficulty expressing my confidence through body language.

32. ____ My face reflects my emotions accurately.

33. ____ I rarely find it difficult to control my body language when things aren't going my way.

34. ____ I never find myself letting my feelings get the best of me during presentations or exams.

Category	Score
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Motivation:	_____
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Goal setting:	_____
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Self-confidence:	_____
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Anxiety and fear:	_____
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Relaxation:	_____
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Concentration/focus:	_____
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Imagery:	_____
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Body language/feelings:	_____
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Top 3 mental skills to focus on:

1. _____

2. _____

3. _____

If you are wondering how to translate these scores into improved performance, contact Dr. Taffy Hawkins at www.daringperformance.com. I would love to help your athlete go from good to great!



DARING

DARE TO GIVE YOUR DREAMS WINGS