

Name _____

Email _____

Mental Skills Assessment for Athletes

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 competition, I usually manage my mental energy well enough to play my best.
2. ____ I really enjoy playing when other players are of high caliber.
3. ____ I am good at motivating myself.
4. ____ I find that I usually try my hardest.

Goal setting

5. ____ I always set goals for myself in practice and competition.
6. ____ I normally have a clear idea of why I play.
7. ____ I always analyze and evaluate the outcome after performance.
8. ____ I usually set goals that I can achieve.

Self-confidence

9. ____ I never suffer from a lack of confidence about my performance abilities.
10. ____ I approach all practices, training sessions, and competitions with confident thoughts.
11. ____ My confidence never decreases even as competitions draw near.
12. ____ Throughout all practices, training sessions and competitions I keep a positive attitude.

Anxiety and fear

- 13 ____ I don't often experience fears about failing in performance.
- 14 ____ I rarely worry that I will disgrace myself, my team, and my coach when I play.
- 15 ____ I rarely let my mistakes distract me while I perform.
- 16 ____ My anxiety isn't harder to control in the presence of other athletes.

Relaxation

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

Concentration and focus

- 21 ____ My thoughts are never elsewhere during a game or competition.
- 22 ____ My concentration rarely lets me down during the competition.
- 23 ____ Unexpected noises and sights don't distract me during performance.
- 24 ____ Despite distractions, I can control my focus during performance.

Imagery

- 25 ____ I can rehearse my role/plays in my imagination.
- 26 ____ I can rehearse my skills in my head before I use them.
- 27 ____ It is difficult for me to form mental pictures.
- 28 ____ I can easily imagine how technical plays feel.



DARING

DARE TO GIVE YOUR DREAMS WINGS

Body language and expression

29 ____ I am good at controlling my feelings during competition.

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

31 ____ My face reflects my emotions accurately.

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

Category	Score
Motivation:	_____
Goal setting:	_____
Self-confidence:	_____
Anxiety and fear:	_____
Relaxation:	_____
Concentration/focus:	_____
Imagery:	_____
Body language/feelings:	_____

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