



Just For Today: Mental Skills Academy

Optimize Your Potential

J4T

Mental Skills Assessment/Intake Form

Here is a list of 5 potential barriers that may keep you from peak performance.

Check all that may apply to you:

Anxiety: Before During After Contest

Lack of Confidence: Ex. Not feeling good enough, lack of a solid support system

Mindset: Ex. Trouble with motivation, lack of vision/goals

Trouble focusing/Staying present: Ex. Thinking about something that already happened (past) or something that might or might not happen (future)

Fear of failure or success: Ex. Self-sabotage behavior, not going for what you really want, make yourself small so others don't feel threatened

Please list below other barriers not listed above:

Is there anything else you would like to gain from J4T mental skills academy?

Thank you for your feedback. Please follow me on Instagram @j4t_mentalsskillsacademy
You can also email me with any questions at sagecoral2@gmail.com

**Do you have any experience with mindfulness and/or meditation?
If so please explain:**

**Do you have any experience doing yoga?
If so please explain:**
