

## Performance Wheel Self-Assessment

Mental performance isn't one skill - it's a combination of different areas that support how you think, feel, and respond when it matters most. This exercise helps you get clear on which areas of your mental game are already strong - and which ones could use some work.

Just like you train different muscle groups in your body, you can train these mental skills individually and build a more complete, consistent mindset.

### *Rate Yourself in Each Area*

Instructions: On a scale from 1 to 10, rate how consistent and strong you feel in each of the following mental performance areas.

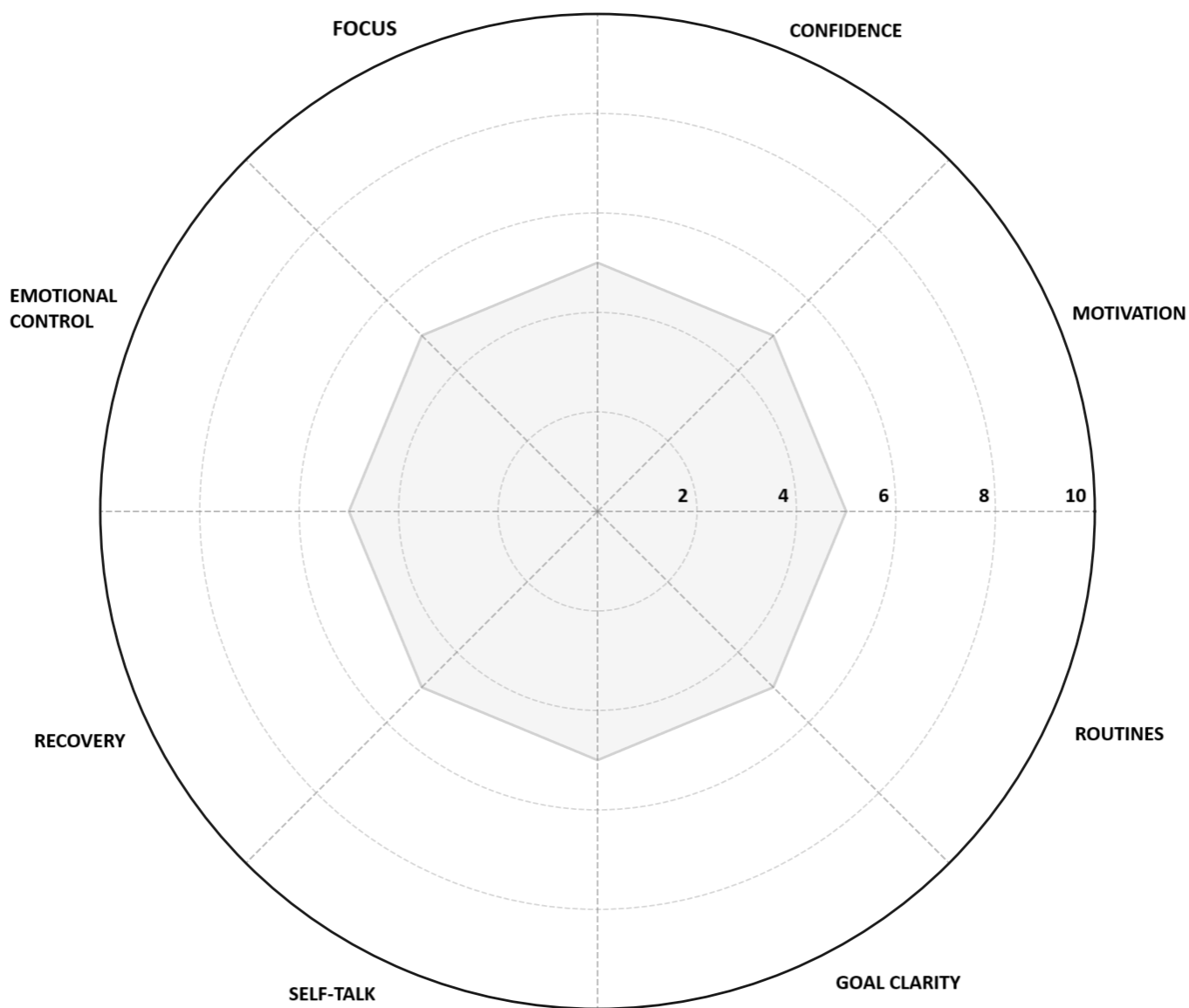
*1 = weak/inconsistent, 10 = consistently strong under pressure*

Category	Description	Rating (1-10)
<b>Focus</b>	Staying locked in on the task, filtering out distractions	
<b>Confidence</b>	Belief in your ability, especially after mistakes or setbacks	
<b>Motivation</b>	Drive to train, compete, and stay connected to your "why"	
<b>Emotional Control</b>	Managing frustration, nerves, or disappointment effectively	
<b>Recovery</b>	Mentally bouncing back from mistakes, slumps, or adversity	
<b>Routines</b>	Having consistent pre-performance and reset routines	
<b>Self-Talk</b>	How you speak to yourself during training/ competition	
<b>Goal Clarity</b>	Knowing what you're working toward and how to get there	

*\*These ratings might shift depending on the situation — that's normal. This is just a snapshot to build awareness and track growth.*

## Performance Wheel

This wheel highlights the mental strengths you bring to your sport and the areas with the most growth potential. Every skill here can be trained — and even small improvements can make a big difference. This is your starting point for building a stronger, more focused, and more confident mindset.



## **Reflection**

1. Which areas are your top strengths?

-----

2. Which areas scored the lowest?

-----

3. Choose one area that, if improved, could make the biggest difference in your performance. Why that one?

-----

4. What would a “10” look like in that area? What would change about how you show up?

-----

## **Your Focus for Training**

**Write one sentence that captures your mental performance goal for the next month:**

“I want to improve \_\_\_\_\_ so that I can \_\_\_\_\_.”

-----

*\*Mental skills like self-talk, focus, and emotion regulation have been shown to improve performance under pressure. (Brown & Fletcher, 2017; Simonsmeier et al., 2021)*