

# Mental Skills Assessment



Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

Mental Skill	- Rank +					Comments
<i>Level 1 – Long-term Development</i>						
<b>Attitude</b>						
1. Realises that attitude is a choice						
2. Chooses a primarily positive attitude						
3. Engages in self-competition, learns from success/failure						
4. Pursues excellence not perfection in self & others						
5. Maintains a balance between sport & life						
6. Respect for sport, competitors, officials & self						
<b>Motivation</b>						
1. Aware of the rewards/benefits expected						
2. Persists through difficulty without immediate reward						
3. Realises that benefits come from self not outcome						
<b>Goals &amp; Commitment</b>						
1. Sets realistic short and long term goals						
2. Aware of current performance level and plan to improve						
3. Committed to goals through training program execution						
<b>People Skills</b>						
1. Realises the scope includes families, friends, coaches, influencers						
2. Communicates appropriate thoughts & feelings with all of above						
3. Skilled in dealing with conflict and difficult people						

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Mental Skill	- Rank +					Comments
<i>Level 2 – Preparatory Skills</i>						
<b>Self-Talk</b>						
1. Maintains self-confidence in difficult times with self-talk						
2. Talks to and about themselves as they talk to a best friend						
3. Uses self-talk to control thoughts, feelings & behaviour in competition						
<b>Mental Imagery</b>						
1. Prepares for competition by imagining performing well						
2. Creates & uses mental images that are detailed, specific & realistic						
3. Uses imagery to prepare for action and recover from errors						
<i>Level 3 – Performance Skills</i>						
<b>Managing Anxiety</b>						
1. Accepts anxiety as a part of the process						
2. Realises that anxiety can be used to improve performance						
3. Knows how to control anxiety without losing intensity						
<b>Managing Emotions</b>						
1. Accepts strong emotions as part of the experience						
2. Able to use emotions to improve performance						
<b>Concentration</b>						
1. Knows that focus during the practice/event is key for success						
2. Has learned to maintain focus despite internal/external distractions						
3. Able to regain focus once lost in practice/competition						
4. Has learned to practice/compete “in the moment”						

**Instructions:**

For each statement draw a line across the Rank section from the left to the right to indicate where you think you fit on the scale of capability relating to the statement. Add a comment to show why you chose the rank that you did.

Your answers will be matched with the coach and areas where there is a significant difference will be discussed.