

NAME:

YOUR BODY ACHIEVES WHAT YOUR MIND RECEIVES!

What sport(s) do you play?? _____

1. Why is doing this sport important to you?
2. Do you enjoy playing your sport?
0.....5.....10
No OK Yes, very much!
3. How do you best focus? Give an example of focused practice. Give an example of focused competition.
4. What is on your mind prior to and during performances?
5. What thoughts do you have? Are those thoughts helping you to perform your very best?
6. What is your self-talk like? What affirmations do you say that help you to perform your very best?
7. Can you put your mind where it needs to be to perform your very best?
0.....5.....10
No OK Yes, very much!
8. How confident are you about your ability to perform your best?
0.....5.....10
No Confidence Somewhat Very Confident!
9. How do you manage stress, nerves, and recovering from mistakes in competition?
10. What are your short term, long term and dream goals? Do you have a map of how you will get there?
11. Are you familiar with the strategies athletes learn from sports psychology coaching?