

## **The Nine Mental Skills of Successful Athletes**

### **A Self-Assessment**

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Athlete \_\_\_\_\_

Date \_\_\_\_\_ Sport \_\_\_\_\_

### **Directions**

Please read the description of each of the mental skills carefully. After reading the description, think about your own sport experience during the past \_\_\_\_\_. To what extent does your behavior fit the description? Please answer by placing a number between 0 and 10 on the line in front of each item. The more your own behavior fits the description, the higher the number should be (0 means not at all similar; 10 means very similar).

#### **Attitude (1)**

1. \_\_\_\_ I realize that attitude is a choice.
2. \_\_\_\_ I choose an attitude that is predominately positive.
3. \_\_\_\_ I view my sport as an opportunity to compete against myself and learn from my successes and failures.
4. \_\_\_\_ I pursue excellence, not perfection, and realize that I, my coaches, teammates, officials, and others are not perfect.
5. \_\_\_\_ I maintain balance and perspective between my sport and the rest of my life.
6. \_\_\_\_ I respect my sport, the other participants, coaches, officials, and myself.

#### **Motivation (2)**

7. \_\_\_\_ I am aware of the rewards and benefits that I expect to experience through my sports participation.
8. \_\_\_\_ I am able to persist through difficult tasks and difficult times, even when these rewards and benefits are not immediately forthcoming.
9. \_\_\_\_ I realize that many of the benefits come from my participation, not the outcome.

#### **Goals and Commitment (3)**

10. \_\_\_\_ I set long-term and short-term goals that are realistic, measurable, and time-oriented.
11. \_\_\_\_ I am aware of my current performance level and have developed specific, detailed plans for attaining my goals.
12. \_\_\_\_ I am committed to my goals and carrying out the daily demands of my training program.

#### **People Skills (4)**

13. \_\_\_\_ I realize that I am part of a larger system that includes my family, friends, teammates, coaches, and others.
14. \_\_\_\_ When appropriate, I communicate my thoughts, feelings, and needs to these people and listen to them as well.
15. \_\_\_\_ I have learned effective skills for dealing with conflict, difficult opponents, and other people when they are negative or oppositional.

#### **Self-Talk (5)**

16. \_\_\_\_ I maintain my self-confidence during difficult times with realistic, positive self-talk.
17. \_\_\_\_ I talk to myself the way I would talk to my own best friend.
18. \_\_\_\_ I use self-talk to regulate thoughts, feelings and behaviors during competition.

#### **Mental Imagery (6)**

19. \_\_\_\_ I prepare myself for competition by imagining myself performing well in competition.
20. \_\_\_\_ I create and use mental images that are detailed, specific, and realistic.
21. \_\_\_\_ I use mental imagery during competition to prepare for action and recover from errors and poor performances.

#### **Dealing with Anxiety (7)**

22. \_\_\_\_ I accept anxiety as part of sport.
23. \_\_\_\_ I realize that some degree of anxiety can help me perform well.
24. \_\_\_\_ I know how to reduce anxiety when it becomes too strong, without losing my intensity.

#### **Dealing with Emotions (8)**

25. \_\_\_\_ I accept strong emotions such as excitement, anger, and disappointment as part of the sport experience.
26. \_\_\_\_ I am able to use these emotions to improve, rather than interfere with high level performance.

#### **Concentration (9)**

27. \_\_\_\_ I know what I must pay attention to during each game or sport situation.
28. \_\_\_\_ During competition I am able to maintain focus and resist distractions, whether they come from the environment or from within myself.
29. \_\_\_\_ In competition, I am able to regain my focus when I lose concentration.
30. \_\_\_\_ I have learned how to play in the "here-and-now", without regard to either past or future events.