

## How Am I Doing? Rating Your Own Mental Preparation Skills

Rate each of the items listed below to assess your awareness and use of competition mental preparation strategies.

**0 = Never    1 = Sometimes    2 = Almost Always**

- \_\_\_\_\_ 1. I know how I need to think and what to say to myself to perform well.
- \_\_\_\_\_ 2. I am able to control my thoughts before a competition.
- \_\_\_\_\_ 3. If I feel tense/over-energized before a competition, I am able to relax to an appropriate level.
- \_\_\_\_\_ 4. I know how my body needs to feel to perform optimally.
- \_\_\_\_\_ 5. I am able to stick to my pre-competition preparation and not be distracted.
- \_\_\_\_\_ 6. If I feel sluggish or fatigued before the competition starts, I use specific strategies to effectively energize myself.
- \_\_\_\_\_ 7. I purposely think/say specific things to myself that get me appropriately focused and ready to compete.
- \_\_\_\_\_ 8. Regardless of the competition, I have a means of mental preparation that I use consistently.
- \_\_\_\_\_ 9. If my pre-competition preparation is interrupted, I am prepared to get myself back on track.
- \_\_\_\_\_ 10. I know what to do and say before the competition to keep confident.
- \_\_\_\_\_ **TOTAL (Add up your answers)**

### *If your total score added up to:*

- 15-20:** Good Job! It seems like you are not only aware of how you need to think and feel to perform well, but you are consistently doing things before a competition to help you reach this mental state. Read this chapter to pick up some new ideas.
- 8-14:** Keep Working. You're on the right track but need to work some more on developing and using a mental routine.
- 0-7:** Time to Get Started. Mental preparation is crucial to performance. You need to start figuring out how to best prepare yourself for competition. Read this chapter to help you develop a routine that will work for you.