



SPORTS MINDSET PRE-ASSESSMENT

This assessment is confidential and provides an overall picture of your sports mindset. It highlights your priorities, needs, strengths and challenges. It also helps stimulate self-reflection to aid in tackling mental stumps so you can be supported in new directions. So please answer honestly. Thanks for completing this assessment. Please email/bring it to the first coaching session.

Name: _____ Phone: _____

Address: _____
 Street/PO Box City, State Zip

Email: _____ Birthday: _____

Occupation: _____ Date: _____

From 1-10, rate your level of satisfaction for each area of your life. A score of 10 means you are fully satisfied and a score of 1 means you are not satisfied at all.

- ____ **Energy** (i.e., vibrant, vigorous, healthy)
- ____ **Sleep** (7-8 hours, regular bedtime and wake up hours)
- ____ **Stress Management** (balanced, stress-free, frustrated, irritable, anxiety, tense)
- ____ **Life Satisfaction** (purpose in life, joy, optimistic about future)
- ____ **Life Balance** (balance between work, school, sport, family, friends & self)
- ____ **Weight** (successful weight management, healthy body image)
- ____ **Exercise** (3-5 days/week)
- ____ **Nutrition** (5+ fruits & veggies/day, 8 glasses of water, whole grains)
- ____ **Health** (Feel Good, Normal Blood Pressure, Glucose, Cholesterol, etc.)
- ____ **Sports Performance** (Remain calm, confident & positive in competition, give 100%, consistently play well)

The following is a list of words that describe feelings people have. Please mark how you have been feeling this past month, including today.

Not at all	A Little	Moderately	Quiet A Bit	Extremely	
0	1	2	3	4	Energetic
0	1	2	3	4	Tense
0	1	2	3	4	Fatigued
0	1	2	3	4	Confused
0	1	2	3	4	Full of Pep
0	1	2	3	4	Annoyed

Circle the number beneath the letter corresponding to the number that best describes how characteristic the statement is when applied to you.

- 5 = *extremely* uncharacteristic of me.
- 4 = *somewhat* uncharacteristic of me.
- 3 = *neither* characteristic nor uncharacteristic of me.
- 2 = *somewhat* characteristic of me.
- 1 = *extremely* characteristic of me.

5	4	3	2	1	I get discouraged easily.
5	4	3	2	1	I don't work any harder than I have to.
5	4	3	2	1	I seldom, if ever, let myself down..
5	4	3	2	1	I'm just not the goal-setting type.
5	4	3	2	1	I'm good at keeping promises, especially the ones I make myself..
5	4	3	2	1	I don't impose much structure on my activities.
5	4	3	2	1	I have a very hard-driving, aggressive personality..

Dr. Christina Heilman, PhD, ATC, CSCS



SPORTS MINDSET PRE-ASSESSMENT (cont. 2 of 4)

Below are a number of statements that athletes have used to describe their experiences. Please read each statement carefully and then recall as accurately as possible how often you experience the same thing. There are no right or wrong answers. Please circle how often you have these experiences in your sport.

	Almost Never	Sometimes	Often	Almost Always
1. On a daily or weekly basis, I set very specific goals for myself that guide what I do.	0	1	2	3
2. I get the most out of my talent and skills.	0	1	2	3
3. When a coach tells me how to correct a mistake I've made, I tend to take it personally and get upset.	0	1	2	3
4. When I'm performing, I can focus my attention and block out distractions.	0	1	2	3
5. I remain positive and enthusiastic during competition, no matter how badly things are going.	0	1	2	3
6. I tend to play better under pressure because I think more clearly.	0	1	2	3
7. I worry quite a bit about what others think of my performance.	0	1	2	3
8. I tend to do lots of planning about how to reach my goals.	0	1	2	3
9. I feel confident that I will play well.	0	1	2	3
10. When a coach critiques me, I become upset rather than helped.	0	1	2	3
11. It is easy for me to keep distracting thoughts from interfering with something I am watching or listening to.	0	1	2	3
12. I put a lot of pressure on myself by worrying about how I will perform.	0	1	2	3
13. I set my own performance goals for each practice.	0	1	2	3
14. I don't have to be pushed to practice or play hard; I give 100%.	0	1	2	3
15. If a coach critiques or criticizes me, I correct the mistake without getting upset about it.	0	1	2	3
16. I handle unexpected situations in my sport very well.	0	1	2	3
17. When things are going badly, I tell myself to keep calm and this works for me.	0	1	2	3
18. The more pressure there is during a competition, the more I enjoy it.	0	1	2	3
19. While playing, I worry about making mistakes or failing to come through.	0	1	2	3
20. I have my game plan worked out in my head long before the competition begins.	0	1	2	3
21. When I feel myself getting too tense, I can quickly relax my body and calm myself.	0	1	2	3
22. To me, pressure situations are challenges that I welcome.	0	1	2	3
23. I think about and imagine what will happen if I fail or screw up.	0	1	2	3
24. I maintain emotional control regardless of how things are going for me.	0	1	2	3
25. It is easy for me to direct my attention and focus on a single object or person.	0	1	2	3
26. When I fail to reach my goals, it makes me try even harder.	0	1	2	3
27. I improve my skills by listening carefully to advice and instruction from coaches.	0	1	2	3
28. I make fewer mistakes when the pressure is on because I concentrate better.	0	1	2	3

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SPORTS MINDSET PRE-ASSESSMENT (cont. 3 of 4)

Think of when you feel most successful at your sport– a time where you felt that it has just gone great for you.

	I feel most successful at my sport when...					
1	...I'm the only one who can do a skill	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
2	...I learn a skill and it makes me want to practice more	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
3	...I can do better than my teammates	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
4	...others can't do as well as me	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
5	...I learn something that is fun to do	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
6	...others mess up and I don't	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
7	...I learn a new skill by trying hard	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
8	...I work really hard	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
9	...I get the most points, goals, wins, etc.	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
10	...something I learn makes me want to go practice more	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
11	...I'm the best	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
12	...a skill I learn really feels right	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
13	... I do my very best	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

During the past week...

Never	Almost Never	Sometimes	Fairly Often	Very Often
0	1	2	3	4

1. How often have you been upset because of something that happened unexpectedly? _____
2. How often have you felt unable to control the important things in your life? _____
3. How often have you felt nervous or stressed? _____
4. How often have you felt confident about your ability to handle personal problems?. _____
5. How often have you felt that things were going your way?. _____
6. How often have you found that you could not cope with all the things you had to do? _____
7. How often have you been able to control irritations in your life?. _____
8. How often have you felt that you were on top of things?. _____
9. How often have you been angry because things were outside of your control? _____
10. How often have you felt that difficulties were piling up so high that you could not overcome them? _____

Almost Done! Just a few more open-ended questions...

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SPORTS MINDSET PRE-ASSESSMENT (cont. 4 of 4)

1. What is your past health history (illness, injuries, medications, etc)?
2. What are you presently doing for training?
3. What results do you hope to achieve by pursuing mindset coaching?
4. Why does changing your mindset matter a lot to you right now?
5. What types of fears or concerns do you have about mindset coaching?
6. List 3 of your strengths and how you've used them to achieve your best.
7. What type of people have influenced you to do your very best? What did they do to bring out the best in you?

Congratulations! You're done. Please email me this form or bring it to your next Mindset session.



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