

# MENTAL GAME SNAPSHOT™

Score each question from 1 to 5:

1 = rarely    2 = seldom    3 = sometime    4 = often    5 = always

## Confidence

1. I believe in myself as a \_\_\_\_.
2. I have absolute confidence in my abilities as a \_\_\_\_.
3. I see myself as a winner. \_\_\_\_
4. I enjoy important competitions. \_\_\_\_
5. I enjoy tough competitors. \_\_\_\_
6. I expect to win my games. \_\_\_\_
7. I perform to the best of my ability. \_\_\_\_

## Motivation

8. I expect to become an even better \_\_\_\_.
9. I feel there are no limits to how well I can perform. \_\_\_\_
10. I look forward to learning new skills. \_\_\_\_
11. I can cope with difficult strategic situations. \_\_\_\_
12. I have a plan for my success and I follow it. \_\_\_\_

## Focus

13. I can control the level of my concentration in competition. \_\_\_\_
14. I don't care what others may be thinking in competition. \_\_\_\_
15. I easily forget errors and lost opportunities in competition. \_\_\_\_
16. As the competition grows tighter, my concentration improves. \_\_\_\_
17. I can easily block out interfering thoughts and feelings in competition. \_\_\_\_
18. I focus on solutions rather than causes when behind in competition. \_\_\_\_

## Pressure

19. I can manage feelings of anger in competition. \_\_\_\_
20. I can manage feelings of frustration in competition. \_\_\_\_
21. Mistakes don't upset me in competition. \_\_\_\_
22. As the pressure mounts, I compete better. \_\_\_\_
23. I don't get nervous in competition. \_\_\_\_
24. I don't get afraid in competition. \_\_\_\_

INSTRUCTIONS: Make a copy of this sheet and rate yourself in every category to create your Mental Game Snapshot of where you are now and where you can improve.

Re-rate yourself periodically to track your progress and spot challenges

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