

Mental Game Snapshot TM

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

About The Mental Coach

David Kenward, The Mental Coach, solves problems with the mental game, powers up confidence, motivation and focus, and gets players the competitive edge with golf, baseball and other sports (plus business and performing arts). Fast results, guaranteed, even if choking or in a slump.

He created his mental coaching method by combining his experience with sports competition, the medical field and business world, with over 30 years experience using sports hypnosis, NLP and other mental coaching tools. All work is confidential.

David Kenward - The Mental Coach • 2740 Fulton Avenue, Ste 114, Sacramento, CA 95821
www.thementalcoach.com • (916) 802-5897 • david@thementalcoach.com

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