

# 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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## About The Mental Coach

David Kenward, The Mental Coach, solves problems with the mental game, and gets players the competitive edge in golf, baseball and other sports. 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 developing the most cutting-edge mental coaching tools. All work is confidential.

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