

# The Mental Coach – Performance Questionnaire

Name \_\_\_\_\_ Date \_\_\_\_\_

*The first step is to specifically define your markers for success.*

- What do you want?
  
- What will that do for you (what's your benefit or payoff, especially emotional)?
  
- How will you know when you have it (this builds your marker for success)
  
- Do you have the necessary skills, training, ability and/or experience?
  
- How will your life change if you get it?
  
- How committed are you to getting it?

*The second step is to specifically define the problem – what is happening right now that is stopping you from having the success you want?*

- What is the problem?

- When did it start?

- What was happening in your life when it started?

- Is it general or specific (keyed to a person, place or thing)?

- Are any of the following a factor?

\_\_\_\_ Choking under pressure, slumps or burnout?

\_\_\_\_ Doing well in practice but not in competition or performance?

\_\_\_\_ Fears, phobias or post-traumatic stress?

\_\_\_\_ Negative self talk or self-fulfilling prophecies?

\_\_\_\_ Difficulty with confidence, motivation or focus?

\_\_\_\_ Chronic pain from injuries or illness?

\_\_\_\_ Anger, fear, sadness, guilt or grief you can't get past?

- Have you tried to fix the problem?

- How and what were the results?