

Athlete's Mental Game Checklist

The purpose of this checklist is to assist you in examining the psychological and physical factors that help maximize your performance. Rate yourself on each of the following statements from 1 (strongly disagree) to 5 (strongly agree). Then try to change or work on the lower-rated items before the next competition. Since the items reflect desirable mental and physical states, the higher your score, the closer you are to performing at your potential

1	2	3	4	5
Strongly Disagree	Disagree	Not Sure (yes and no)	Agree	Strongly Agree

Event Preparation

1. I train (strength, aerobic) with enthusiasm.	1	2	3	4	5
2. I am looking for the next event.	1	2	3	4	5
3. I view my next opponent as a challenge, not as a threat.	1	2	3	4	5
4. I am happy to receive instruction and feedback from the coach.	1	2	3	4	5
5. I feel very confident in my ability against the next team.	1	2	3	4	5
6. I encourage at least one other teammate to give 100 percent toward game preparation.	1	2	3	4	5
7. I look carefully at the videotape to examine my performance in the previous game or to review my next opponent.	1	2	3	4	5
8. I try to learn something from each video session.	1	2	3	4	5
9. I attend volunteer training sessions.	1	2	3	4	5
10. I set at least one performance goal for the next event.	1	2	3	4	5
11. I remind myself of my goal(s) during the week.	1	2	3	4	5
12. I maintain a healthy lifestyle during the week.	1	2	3	4	5
13. I sleep well the night before the event.	1	2	3	4	5

Pre-Event (Game Day)

1. I awaken in the morning feeling well-rested and ready to play.	1	2	3	4	5
2. On the morning of the event, I look forward to competing.	1	2	3	4	5
3. I anticipate the event on game day with enthusiasm.	1	2	3	4	5
4. I view the upcoming game as exciting, as a challenge	1	2	3	4	5
5. I eat a good breakfast.	1	2	3	4	5

Pre-Event (At the Venue)

1. I arrive at the competitive event with a sense of enthusiasm.	1	2	3	4	5
2. I remember my game goals and plan to meet them.	1	2	3	4	5
3. As I get dressed, I feel ready to play.	1	2	3	4	5
4. I feel good during the warm-up.	1	2	3	4	5
5. I find myself looking forward to the match – almost impatient.	1	2	3	4	5
6. As I walk from the locker room to the field/court to compete,	1	2	3	4	5

I feel energetic and ready to play.	1	2	3	4	5
7. I use positive self-statements, such as, "I'm ready and well prepared"; "I can do this"; "I'm in good shape."	1	2	3	4	5
8. I feel arrogant toward the event; I deserve to win.	1	2	3	4	5

During the Event

1. I am giving 100 percent effort.	1	2	3	4	5
2. I talk during the event, giving support, encouragement, or instruction.	1	2	3	4	5
3. I support my teammates; I recognize them for doing a good job or help them overcome a problem.	1	2	3	4	5
4. I feel I am playing to my capability.	1	2	3	4	5
5. During halftime or time out, I appreciate receiving the coach's feedback on my performance.	1	2	3	4	5
6. After I make an error, I move on to the next task quickly.	1	2	3	4	5
7. I don't let mistakes discourage me and ruin my confidence.	1	2	3	4	5
8. If I receive a penalty, I move on the next task quickly.	1	2	3	4	5
9. I feel up to the challenge of my opponent.	1	2	3	4	5
10. I feel very confident during the event.	1	2	3	4	5
11. I ignore the unpleasant comments of others, including spectators and opponents.	1	2	3	4	5
12. I feel my aggression level is about right.	1	2	3	4	5
13. If the other team scores, I continue to concentrate on task and give 100 percent.	1	2	3	4	5
14. I feel in full control of my emotions; I'm not too uptight or upset during the event.	1	2	3	4	5
15. I find myself anticipating what I'm going to do next.	1	2	3	4	5
16. I can recover quickly from unpleasant occurrences.	1	2	3	4	5
17. When I'm tired, I take some deep breaths, take a short rest, then quickly regain my composure and stay on task.	1	2	3	4	5
18. Regardless of the score, I'm trying my best.	1	2	3	4	5
19. I am not overly critical of myself; my self-image as an athlete Remain high regardless of the game outcome.	1	2	3	4	5

After the Event

1. I take responsibility for my performance, good or bad.	1	2	3	4	5
2. I feel I have contributed to the game's outcome, win or lose.	1	2	3	4	5
3. I listen to and learn from performance feedback.	1	2	3	4	5

List any additional personal items here that form your weekly routine:

Total score: _____

(Higher scores from week to week indicate marked improvement in your mental preparation and mental game performance. You want to work toward 4s and 5s for each item)

If not all items are relevant to your sport, you can adjust as needed.