



## Athlete's Mental Aptitude Test (Pre-Coaching)

Name:

Email:

Phone:

*Directions: Please rate the current state of your mental game from 1-10 for each of the concepts below. Please circle a number on each line to represent the rating of your mental game skills BEFORE you begin mental coaching with us. For a description of each concept, please refer to page two.*

1	Outcome-Focused	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)	Process-Focused
2	Nervous	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)	Relaxed/Calm
3	Distracted	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)	Focused
4	Self-Doubt	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)	Confident
5	Frustrated	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)	Composed
6	Fearful	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)	Fearless
7	Self-conscious	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)	Self-assured
8	Perfectionist	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)	Functional /Excellence
9	Unclear Goals	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)	Clear/Smart Goals
10	Strive for Expectations	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)	Strive for Goals
11	Pregame Anxiety	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)	Pregame Excitement
12	Over thinking	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)	Flow State
13	Tentative/Controlled	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)	Free/High Trust
14	Negative Self-Talk	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)	Positive Self-Talk
15	No Pregame Routine	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)	Pregame Routine

1. What are your objectives for mental game coaching? What do you want to improve?
  
2. What statistics, times, scores, or parts of your performance do you want to improve?
  
3. What improvements have others (coach, parents, teammates) suggested you make in your game?
  
4. Who (coach, parent, teammate, friend or other) suggested that you engage in mental game coaching?
  
5. How did you find out about our mental coaching service, such as a friend, email, or website. Who referred you to us, if any one?

## Definition of Terms – Page 2

1	<b>Outcome-Focused</b>	Outcome-focused athletes focus on results a lot, such as scores, times, or wins. Process-focused athletes focus more on the moment and their performance.	<b>Process-Focused</b>
2	<b>Nervous</b>	Nervous athletes worry about their performance and feel uneasy or apprehensive a lot. Relaxed athletes feel calm but challenged when performing.	<b>Relaxed/Calm</b>
3	<b>Distracted</b>	Distracted athletes pay attention to the wrong things when they perform. Focused refers to athletes who think about the right cues to perform their sport.	<b>Focused</b>
4	<b>Self-Doubt</b>	Athletes with self-doubt tend to question their ability to perform well. Confident athletes don't have a lot of self-doubt or question their ability.	<b>Confident</b>
5	<b>Frustrated</b>	Frustrated athletes become upset or angry when they make mistakes or poor plays. Composed athletes move on quickly after mistakes.	<b>Composed</b>
6	<b>Fearful</b>	Fearful athletes worry about messing up and losing. Fearless athletes focus on performing well and playing assertively or aggressively.	<b>Fearless</b>
7	<b>Self-conscious</b>	Self-conscious athletes worry about what others think about their performance. Self-assured athletes don't care about how others view their performance.	<b>Self-assured</b>
8	<b>Perfectionist</b>	Perfectionist athletes want to perform perfectly, have high expectations, and can become easily frustrated. Functional athletes want to perform efficiently.	<b>Functional/Excellence</b>
9	<b>Unclear Goals</b>	Athletes with unclear goals are unsure about good goal setting. Athletes with smart goals, set specific, measurable goals for the short-term and long-term.	<b>Clear/Smart Goals</b>
10	<b>Strive for Expectations</b>	Athletes who strive for expectations feel a lot of demands and pressure from themselves and others to perform well and win.	<b>Strive for Goals</b>
11	<b>Pregame Anxiety</b>	Athletes with pregame anxiety feel stressed, uneasy, and anxious before they perform. Pregame excitement refers to feeling "pumped up" or ready before games.	<b>Pregame Excitement</b>
12	<b>Over thinking</b>	Athletes who over think tend to focus too much on the details or technical aspects of their performance. Flow state refers to playing in the moment and reacting.	<b>Flow State</b>
13	<b>Tentative/Controlled</b>	Tentative athletes worry about making mistakes and perform cautiously. Free/high trust refers to letting your skills happen and not forcing it.	<b>Free/High Trust</b>
14	<b>Negative Self-Talk</b>	Athletes with negative self-talk berate themselves after mistakes, such as "I stink" or "That was awful." Positive self-talk is being your own friend.	<b>Positive Self-Talk</b>
15	<b>No Pregame Routine</b>	Athletes who lack a pregame routine don't know how to mentally prepare or don't have a set routine to get ready for a game or performance.	<b>Pregame Routine</b>