



# ATHLETE MENTAL TRAINING PROGRAM

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## Mental Strengths and Weaknesses

Rate the following items on a scale of 1 to 10

1 being the lowest and 10 being the highest

| Number                | Question  | Score |
|-----------------------|---|-------|
| 1. Confidence         | How <u>Confident</u> am I when I have to Perform?                   |       |
| 2. Concentration      | How good is my <u>Focus</u> in an important situation?              |       |
| 3. Motivation         | How well can I <u>Motivate</u> myself to perform?                   |       |
| 4. Handling Pressure  | How well am I able to stay <u>Calm Under Pressure</u> ?             |       |
| 5. Resilience         | How fast and well can I <u>Bounce back</u> after failure?           |       |
| 6. Emotion Management | How good am I at <u>Controlling emotions</u> ?                      |       |
| 7. Goal Setting       | How well am I able to set and <u>Achieve my targets</u> ?           |       |
| 8. Optimism           | How well am I able to <u>Think positively</u> about my performance? |       |
| 9. Communication      | How well can I <u>Communicate</u> with the team and coach?          |       |
| 10. Leadership        | How good I am as a team <u>Leader</u> , captain, or coach?          |       |
| <b>TOTAL SCORE</b>    | <b>Add All the Scores for a total Out of 100</b>                    | <hr/> |



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**This was Your Total Mental Skills Score**  
Now let's look at the skills separately!

| Strengths                          | Weaknesses                            |
|------------------------------------|---------------------------------------|
| List Your <u>Top 5 Scores</u> Here | List Your <u>Bottom 5 Scores</u> Here |
| 1.                                 | 6.                                    |
| 2.                                 | 7.                                    |
| 3.                                 | 8.                                    |
| 4.                                 | 9.                                    |
| 5.                                 | 10.                                   |

**Here is a Table of Your Strengths and Weaknesses**

**Now You Can Plan Your Mental Skills Training Keeping these Scores in Mind**

**Good Job!**

**See you in the next lesson!**

**Disclaimer: This test is a non-standardized test meant only for illustrative purposes and self-reflection. The scores found here are not to be taken as a standardized test results developed using normative data.**