



Mental Toughness Assessment

Taking some time out to reflect on what you want to achieve this year, will give you clarity on where you need to focus your attention to get the results you desire. Take a few moments to tick the following relevant statements to help unlock your true potential.

- You have specific goals you wish to accomplish this year
- You have self-doubts in your ability to perform well
- You play better in practice than in competition
- You feel nervous, tense or anxious about competing
- You constantly focus on the results when competing
- You're not sure why you chose to play your chosen sport
- You are motivated by winning, trophies and recognition by others
- You lose your focus or become easily distracted when under pressure
- You get too excited or nervous before you compete
- You have trouble getting pumped up and focused to perform in competition
- You find it difficult to let go of mistakes and dwell on them
- You worry about other competitors or feel intimidated
- You worry about your technique when competing and find yourself tinkering
- You become impatient when you don't see quick results
- You become frustrated when you are not able to meet your expectations
- You feel anxious competing if your warm up didn't go well
- You struggle to find focus and mentally prepare before competition
- You worry about what others might think
- You have mental negative chatter when performing
- You fail to commit when competing and find yourself having second thoughts or doubts
- You become angry or frustrated during competition which hurts your performance
- You find it difficult to concentrate in the moment and focus too much on winning or the score
- You berate yourself with negative comments, like "you idiot", after making silly little mistakes which affects your confidence
- You are often disappointed with your game or performance and wish you could do better
- You want to improve or know how to become better at your chosen sport

If you ticked one or more boxes, you would benefit from a mental coaching session. The statements above have highlighted how you may be blocking your success and staying stuck with the same results. Now is the ideal time to work on your mental toughness, you don't need to be outside and whilst we are in lockdown why not take this opportunity to improve your mental skills. Give Carol a call on 07890 528119 or drop an email to carol.alford@alfordprojects.co.uk to discuss how to improve your performance and gain a mental edge on the competition.