QUESTIONS TO BUILD AN ATHLETE PERFORMANCE & MENTAL SKILLS PROFILE

PERFORMANCE PSYCHOLOGY
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Athlete: NAME _____ | DATE: _____

This questionnaire is designed to give you an overview of how you would like to perform, how you tend to perform, and why you think there might be differences. The "Mental Skills Profile" at the end focuses on your active use of different mental skills, most of which are useful but some of which might actually be hurting performance levels.

PLEASE NOTE:

- You can answer in whatever way seems useful for you.
- You're not trying to prove anything to anyone with your responses
  - and your responses can be just for me to see if you prefer
- That said, it's most helpful if you can be honest with yourself in how your respond,
- Answers are as short or as long as you feel like writing

QUESTIONS TO HELP US BUILD AN ATHLETE PERFORMANCE PROFILE

1. How important is _____(sport) to have it in your life, and why?

ANSWER:

2. What does a successful _____(sport) tournament look like for you – either you remember a successful tournament, or you describe what a successful one would look like ?

ANSWER:

3. List out the most important 1-4 ingredients FOR YOU that go into an ideal _____(sport) tournament within each of these categories –

- Your tactics: (example in tennis: every reachable groundball hit before its peak)
- Your physical fitness: (example in all sports: having the endurance to go at full pace for each match)
- Your mental preparation, attitude and focus: (example in racquet sports: great body language between points, positive and constructive self-talk leading up to a match & before each point)
- Your technical ability: (example in racquet sports: full and relaxed racquet head speed)

ANSWER:

4. Then, briefly explain the measurable outcome of each ingredient if you used them THE WAY YOU'D LIKE TO – please feel free to just choose the ones you'd most like to explain but please include "mental preparation, attitude and focus" in your explanation of outcomes with as much detail as you can. There's plenty of room for "I don't know" here …

- Example in tennis:
  - every reachable groundball hit before its peak – the outcome is that I reduce my opponent's recovery time or time approaching the net
- Example in racquet sports:
  - great body language between points – the outcome is that I give my opponent less of an advantage that would happen if she sees my shoulders drop, & my positive body language reduces bad self-talk between points
- Example in all sports:
  - positive and constructive self-talk leading up to a match – the outcome is a measurable increase in the amount of time reinforcing positive behavior and attitude, & a reduction in destructive self-talk

ANSWER:

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5. Now, list the top "ingredients" that go missing most often – so that they actually move you AWAY FROM your goal of a successful tournament. Again, briefly explain the measurable outcome of each ingredient when you fail to use it the way you want to.

- If it's helpful, explain it as mathematically as - X done badly leads to y
- Please add good detail for "mental preparation, attitude and focus".
- If you feel like taking a stab at it, consider WHY you think these ingredients go missing often…

ANSWER:

By committing to fixing identified weaknesses, and then actually working on a plan to fix them, is so much fun! It actually BUILDS YOU UP into the confident, excited, tough competitor you know you can be. Once completed, the profile gives you a "look in the mirror" of areas of your overall athletic profile that you can work on soonest to give you the biggest and most measurable improvements.

MENTAL SKILLS PROFILE

Now, let's drill down more on your awareness and use of various mental skills – before, during, and after competition. Honesty is your best policy here!

1. Is your drive to compete coming MORE from an internal joy of competition OR is it MORE from a drive to beat your opponent. If it comes from a drive to beat your opponent, is that coming MORE from a fear of losing or MORE from an excitement to win?

ANSWER:

2. Do you think about your body language during competition? If yes, do you use any deliberate body language behaviors at different times? Like what?

ANSWER:

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3. During competition, do you speak to yourself silently or out loud? If yes, is it MORE positive, MORE negative, or MORE constructive?

ANSWER:

4. Do you have any tricks to calm your nerves? If yes, what are they?

ANSWER:

5. Do you have any tricks to get yourself pumped up? If yes, what are they?

ANSWER:

6. Do you use mental rehearsal or visualization during practice or competition? If yes, explain.

ANSWER:

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7. After a match, do you reflect on things beyond win, lose, and score? If yes, explain.
ANSWER:

If you play a team sport:
8. Have you worked on your team's identity, values, and how to hold one another accountable to them? If yes, in what ways?
ANSWER:

9. If you have an idea of how team mates would describe the kind of team mate you are, what would they say?
ANSWER:

THANK YOU!
Next, you will be able to identify areas of your Athlete Profile & Mental Skills that you feel need some work. If you wish to get assistance, you can contact Dr. Saul Petersen at PFS Performance Psychology by emailing info@petersenfuturesolutions.com or by going to www.petersenfuturesolutions.com/teams

- Dr. Petersen will build an overall performance profile from the a. Zoom conversation, b. game video, and c. your responses to these prompts, and identifies areas to work on
- Dr. Petersen will write up a short-term work plan of specific work-ons for X TIME PERIOD to be reviewed by you
- If you wish to develop a full Psychological Periodization (PSY-P) plan, please visit www.petersenfuturesolutions.com/teams for more information about that plan, or contact Dr. Petersen for further information

GOOD LUCK !

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