

Mental Training Inventory Quiz

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| 1. I have a mental training plan in place. | Y / N |
| 2. I have it written down and incorporated in my developmental routine. | Y / N |
| 3. I have both short and long term goals in my plan. | Y / N |
| 4. I can articulate my strengths and areas of improvement. | Y / N |
| 5. I keep a diary and notations on how I am progressing. | Y / N |
| 6. I can change goals and plans if needed. | Y / N |
| 7. I use visualization and imagery both in practice and pre-performance. | Y / N |
| 8. I am aware of my feelings and anxiety levels before competition. | Y / N |
| 9. I am aware of my thought process before I perform. | Y / N |
| 10. I aim to control my thoughts, feelings and stress levels before competing. | Y / N |
| 11. I use positive self/talk in games and practices. | Y / N |
| 12. I know that acting and thinking confidently generates confidence. | Y / N |
| 13. I read about how players improve in their sports, and how they use mental game. | Y / N |
| 14. I practice with the same intensity as I play in the game. | Y / N |
| 15. I often experience the “state of flow” or “being in the zone” during competition. | Y / N |
| 16. I have a pre-competition routine that I follow. | Y / N |
| 17. I prepare and go over a game strategy, both individually and as a team. | Y / N |
| 18. I am aware of time and momentum during the game, both mine own and team’s. | Y / N |
| 19. I review my performance after the game and make adjustments if necessary. | Y / N |
| 20. I welcome feedback and constructive criticism about my game. | Y / N |
| 21. I work on my mental toughness. | Y / N |
| 22. I make sure I get enough sleep and eat right for optimal energy. | Y / N |
| 23. I communicate clearly and constructively with my coaches and teammates. | Y / N |

Scores

- 0-8 You have some awareness and knowledge of mental game and preparation. Learning more about it will greatly help your game.
- 9-16 You are well on your way to achieving a mental performance edge! Keep it up.
- 17-23 Your mental game knowledge is excellent!