

Mental Skills Check - Up

1 - Not me at all

2 - Sometimes me

3 - Usually me

4 - Always me

1.	I can explain how the brain functions under pressure.	
2.	I spend less than 30 minutes on my phone per day.	
3.	I trust my coach.	
4.	I have fun with my team.	
5.	I know how I add value to this team as a leader.	
6.	I get at least 9 quality hours of sleep each night.	
7.	I fuel well with at least 5 servings of vegetables and 100 ounces of water.	
8.	I know what sacrifices go into what I want to achieve.	
9.	I can explain the tactics/strategies of our program like a coach.	
10.	I am really good at putting off things I cannot control and being fully present.	
11.	I know the value of mistakes and overcome setbacks well.	
12.	My family supports me and does not add stress.	
13.	I know the people in the program and their back story.	
14.	I address conflict directly to find solutions without adding drama.	
15.	I have and use routines for: waking up in the morning, getting ready for practice, and going to bed.	
16.	My practices are more challenging than the performances.	
17.	I meditate for at least 5 minutes every day.	
18.	I spend one hour studying my craft by reading, listening to podcasts, or watching film every week.	
19.	I have close friends better than me and/or harder working than me.	
20.	I visualize before my performance before it starts.	
What is the total sum of your points: _____		