

Athlete Name:

Date:

**THE MENTAL GAME QUIZ**

Adapted from the *Mental Game Power Quotient Quiz* developed by B. Cole

QUESTION #	MENTAL GAME QUESTIONS	Yes	No
<b>SECTION A Mental Game Planning</b>			
1	I have a mental training system plan		
2	I have written this plan down		
3	I have short-term goals and long-term goals in this plan		
4	I have dates for all goals written down		
5	I have mental objectives for pre-event, during the event and post-event		
6	I look at this written game plan at least once a week		
7	I make notations in my plan as I go so I can see progress		
8	I change goals and plans as necessary		
<b>SECTION B Pre-Performance Mental Game Training</b>			
9	I visualize myself succeeding before I perform (I use imagery)		
10	I monitor my thoughts before I perform		
11	I monitor my feelings before I perform		
12	I monitor my stress levels before I perform.		
13	I attempt to control my relaxation/stress levels before I perform		
14	I avoid thinking of past weakness or failures before I perform		
15	I attempt to think and act confidently before I perform		
16	I practice as I want to perform		
17	I seek coaching, feedback or help in my mental game		
18	I read about the mental game		
19	I listen to audio tapes on the mental game		
20	I prepare equipment I will be using ahead of time		
21	I associate with people who encourage me to have a strong mental game		
22	I reward myself when I achieve my mental game goals		
23	I have daily mental game goals		
24	I have a mental game journal I write in.		
25	I subject myself to practice situations similar to those I will encounter in a real performance		
<b>SECTION C In-the-Performance Mental Game Training</b>			
26	I have a mental game plan for use during my performance.		
27	I monitor this game plan at various points in my performance		
28	I use visualization/imagery when appropriate during my performance		
29	I think predominantly positively during my performance		
30	I attempt to reduce stress by relaxing during my performance		
31	I am aware of my breath during my performance		
32	I am aware of and attempt to control time and momentum during my performance		
33	I am aware of and attempt to enter the flow state during my performance		
34	I remind myself of my mental game practice and attempt to reproduce that experience again in my actual performance		
<b>SECTION D Post-Performance Mental Game Analysis</b>			
35	I take time to review my performance		
36	I make written notes in my journal or on my goal sheet		
37	I seek outside feedback from those who saw me perform		
38	I videotape my performance (and I review it)		
39	I readjust my mental game goals if needed		
40	I readjust my mental game practice system if needed		

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### THE MENTAL GAME QUIZ - SCORING

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#### Scoring your Mental Game Quiz

1. Count the total number of times you answered yes in the quiz.
2. Enter the number here
3. Look at the chart below to see where your score places you in the mental game plan world:

- 30-40:** You are a world-class mental game student, probably enjoy performing and are doing quite well at it.
- 20-29:** You are far ahead of the pack, making a solid effort to improve your mental game and are beginning to enjoy some performances.
- 10-19:** You are beginning to discover the mental game world and are learning what it takes to perform well.
- 0-9:** You have yet to strongly value mental game training to enhance your performances, but are taking steps in the right direction.

#### Using your Mental Game Quiz

1. Identify 1 target area from each section above that you will work to develop in your mental game. List them out below and identify what ACTION you will take to improve this area.
2. Select 1 area for improvement per week over the next 4 weeks (section A = week 1, Section B = week 2, etc.).

Week 1 - Section A

Week 2 - Section B

Week 3 - Section C

Week 4 - Section D