



Test Your Mental Game and See if You Can Benefit from Mental Coaching

NAME: _____ BEST CONTACT: _____

Directions: Check off all statements that apply to your situation. If you choose more than 3, you are a prime candidate for mental performance coaching. Email Dr. Larkin your results at drlarkin@theallinpro.com to get started!

- You do not have well-defined goals or goal specificity. You lack direction.
- You perform better in practice than during competition.
- You are so self-conscious; you worry about what others think about your game.
- You maintain many self-doubts about your sport before or during games.
- You worry about letting others down by not performing up to others expectations.
- You are too self-conscious and worried about how others may perceive you.
- You suffer from anxiety, worry, or excess tension when in competition.
- Pre-game jitters do not go away after the first few minutes into the competition.
- You are motivated by fear of failure and it affects your performance in competition.
- You have a fear of success and sabotage yourself when you are winning.
- You are not sure why you play your sport or let others be your source of motivation.
- You are motivated by external rewards, accolades, recognition, or praise.
- You attach your self-worth to how well you perform in sports.
- You lose focus or have mental lapses during critical times of the game.
- Your routines are not well defined or lack mental focus in routine.
- You go through the motions physically without mental focus or intensity.
- You are not excited enough or are too excited to perform your best in competition.
- You are distracted by things that go on around you in your environment.
- You have doubts or negative thoughts before, during, or after competition.
- Post-injury you cannot perform the way you did pre-injury even when 100% physically.
- When performing well you may sabotage your performance with a comfort zone (protect your lead) or expectations that limit your ability to press forward.
- You become easily frustrated because of high expectations.
- You cannot perform with freedom or trust in times of adversity or pressure.
- You work on your mechanics or technique even when competing.
- You do not concentrate in the here and now or focus only on execution.
- You think of too much about consequences of your performance, good or bad.
- You overanalyze mistakes (technique) and thus think too much about technique.
- You suffer from low self-confidence or self-esteem.
- You limit your performance with negative self-labels such as "I am a choker."
- You have trouble forgetting or letting go of bad past performances.
- Your anger or frustration gets in the way of peak performance.
- You are frequently disappointed with your performance and wish it was better.
- You have a burning desire to be the best at your sport or just want to know how to improve your mental game.