



Mental Edge Assessment

Directions: Print and check off all statements that apply. If you check one or more boxes you might benefit from mental game coaching. The statements below reveal how you might block your success in sport.

1. You don't have specific goals to accomplish or goals to help you improve _____
2. You typically perform better in practice than during competition _____
3. You worry too much about what others think about you or your performance _____
4. You have self-doubts about your ability before or during competition _____
5. You worry about letting others down if you don't perform to others' expectations _____
6. You don't have any pre-competition routines or reset habits _____
7. You feel anxious/worried or tight/tense during competition _____
8. You feel like your identity/value is too wrapped up in your sport _____
9. You lose focus when under pressure or during a close competition _____
10. You are too excited and feel nervous to perform your best _____
11. You have negative thoughts about your performance before, during or after competition _____
12. You can't perform as well as you did after an injury _____
13. You become frustrated easily when you expect to perform great or to win all the time _____
14. You have a hard time staying positive if you're not winning or doing well _____
15. You become angry or frustrated during competition _____
16. You know there is something missing and you've tried everything to improve _____
17. You become upset or emotional after competition when you don't perform the way you want which impacts your home or work life _____