



Identifying When Mental Training is Needed © Mindset for Performance LLC - Dean Hebert M.Ed.

Directions: Check off all statements that apply to your situation.

- You do not have well-defined goals or goal specificity. You lack direction.
- You perform better in practice than during races.
- You are so self-conscious; you worry about what others think about your running.
- You maintain many self-doubts before or during races.
- 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-race 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 races.
- 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 race.
- 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 races.
- You are distracted by things that go on around you in your environment.
- You have doubts or negative thoughts before, during, or after races.
- Post-injury you cannot perform the way you did pre-injury even when 100% physically recovered.
- 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 and thus think too much about technique or tactics.
- 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 ever at your sport or just want to know how to improve your mental game.

If you checked one or more of the boxes above, consider taking an AMAP© (Athletes Mental Aptitude Profile). The AMAP is a comprehensive assessment of your mental approach to your sport, which identifies strengths and weaknesses for just the cost of a pair of running shoes (\$125). Once you complete the AMAP, we will meet (phone or in-person) to discuss how to improve your mental toughness and get the mental advantage on your competition. Isn't that what every athlete wants? Get started today by calling **Dean Hebert M.Ed.** at 480-491-3506 or e-mail him at coach@rxrunning.com .