



sport personality questionnaire spq20

> Mental Skills Report

Name: **John Smith**

Date: 18 March 2010

Internet: www.sportsconfidence.com
Email: support@sportsconfidence.com

Introduction

Top athletes and their coaches recognize that elite athlete performance requires a combination of mental and physical skills. When you achieve the perfect combination, you are playing in the zone. This report provides information on your mental approach and mental skills. The objective is to help you identify and work on any mental factors that may be impeding your performance.

The factors covered in this report represent some of the latest thinking on the mental side of elite athlete performance. Athletes often refer to this as “attitude” and “confidence”. Talking about this, Michael Jordan said that having an effective mental game is what separated him from the rest of the NBA. Tiger Woods has said that mental mistakes have had a much more severe impact on his performance than physical errors.

The Sport Personality Questionnaire (SPQ20) covers twenty personality dimensions covering four key areas of your mental game: your confidence and mental resilience, your achievement drive and competitiveness, your sportsmanship, and your interest in power and your aggressiveness. The questionnaire also provides a measure of your overall mental game and your team leadership potential.

Please bear the following points in mind as you consider the results from your assessment. First, your profile is based on what you have said about yourself through your responses to the questionnaire so that what we are measuring here is your own perception of what you are like. Second, the results can also be affected by your strategy for answering the questionnaire - whether this was conscious or unconscious - for example, whether you were very frank, whether you were very self-critical or whether you felt under pressure to convey a more than usually positive impression of yourself.

Third, the report describes different aspects of your sport personality/mental skills by comparing your responses against those of a large international comparison group of athletes. Your results are reported on a ten point scale known as the Standard Ten (Sten) scoring system. The table below indicates what different Sten scores mean and how they should be interpreted.

Sten	% scores	RAG Rating	Competence Level	Development Implication
8-10	15	Green	5 Very high	Capitalize on
7	15	Amber Green	4 High	Round off
5-6	40	Amber	3 Average	Work on
4	15	Amber Red	2 Low	Develop
1-3	15	Red	1 Very low	Improve

Finally, this assessment is intended to help you clarify your view of yourself and help you to develop and achieve personal growth. If you do not recognize yourself in the following pages, check what other people think by taking views from your coach and fellow athletes.

Assessment Scales

The SPQ20 has twenty scales that measure different aspects of your mental approach/style in sport.

Achievement and Competitiveness	
Achievement	This scale measures whether you are motivated to train hard and are prepared to make personal sacrifices to achieve excellence.
Adaptability	This scale measures whether you are open to new ideas and suggestions, and whether you keep up with technical developments.
Competitiveness	This scale assesses the degree to which you enjoy competing and want to get in the winner's circle.
Conscientiousness	This scale indicates the extent to which you prepare thoroughly, show self-discipline, and stay with the plan.
Visualization	This scale indicates how far you make use of imagery to help play well, rehearse performances, and stay calm.
Intuition	This scale gauges the extent to which you use your instincts and intuition in making performance decisions.
Goal Setting	This scale assesses whether you have set priorities and goals to help manage your development as an athlete.
Confidence and Resilience	
Managing Pressure	This scale assesses how effectively you handle anxiety and tension before important events.
Self-Efficacy	This scale indicates how much self-confidence you possess and how quickly you bounce back from setbacks.
Fear of Failure Control	This scale indicates the degree to which you are afraid of failing, letting people down, and not living up to your own and other people's expectations.
Flow	This scale assesses how far you are able to immerse yourself in your performance and play in the zone.
Stress Management	This scale measures whether you are experiencing burnout symptoms such as apathy, fatigue, anxiety, and isolation.
Emotions	This scale assesses how far you are able to regulate your feelings and emotions to maximise your performance.
Self-Talk	This scale shows the extent to which you talk positively to yourself to maintain motivation, stay calm, and perform well.
Self-Awareness	This scale assesses whether you ask for feedback, demonstrate awareness of your strengths and weaknesses, and reflect on your performance.
Interaction & Sportsmanship	
Ethics	This scale assesses whether you have strong principles, behave ethically, and show sportsmanship.
Empathy	This scale measures the extent to which you listen to and show concern for other contestants' views, feelings, and needs.
Relationships	This scale reveals the degree to which you develop relationships, engage in conversation, and socialize with other athletes.
Power & Aggressiveness	
Aggressiveness	This scale measures the extent to which you adopt an aggressive attitude and tend to intimidate opponents.
Power	This scale assesses the extent to which you enjoy having authority over people and aspire to leadership positions.

Sport Personality Profile Summary

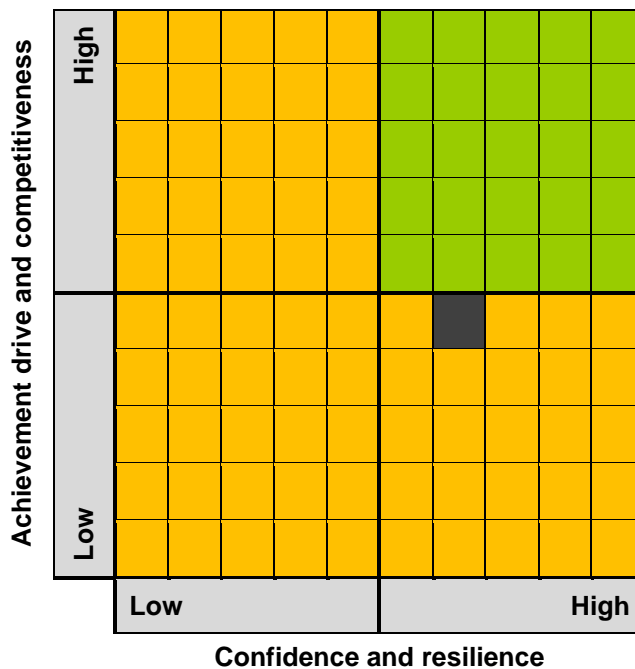
Mental Skills	
Borderline Easygoing Underachiever	You appear on the border between the Confident Achiever and Easygoing Underachiever zones. At the present moment, you come out slightly above average on Confidence and Resilience, and average on Achievement Drive and Competitiveness.
Team Leadership Potential	
Borderline Team Player	You came out as average on Power and Aggressiveness, and average on Interaction and Sportsmanship. You have some need to be influential and hold power, and some need to build relationships and cooperate with people.
Achievement Drive and Competitiveness	
Level 3	Your responses to the questionnaire suggest that you put in as much effort and energy as most athletes to achieve success.
Confidence and Mental Resilience	
Level 4	Your responses to the questionnaire suggest that at present you are feeling rather more confident and resilient than the average contestant in the comparison group. Your overall score on this factor is within the top 30 percent of the comparison group.
Interaction and Sportsmanship	
Level 3	Your responses to the questionnaire suggest that interaction and sportsmanship is a moderately important driver for you.
Power and Aggressiveness	
Level 3	You have an average score on the combined power and aggressiveness factor.
Response Style	
Slightly Self-Critical	Our analysis of your response style indicates that you appear to have been somewhat self-critical/hard on yourself in answering the questionnaire.

Mental Skills

The Mental Skills Matrix below classifies athletes into four groups shown on axes of Confidence and Resilience, and Achievement and Competitiveness. These two factors measure your current level of confidence and self-belief, and how driven you are to achieve and win. The SPQ Scorecards on pages 6 and 7 show your results on these two broad factors and their elements. These groups are explained below.

Tense Competitor. Athletes in the upper-left part of this amber zone excel in motivation to achieve but lack confidence and resilience. They have the drive to work hard to realize their potential, but at the present point in time, they lack self-belief.

Confident Competitor. Athletes located in the upper-right part of this green zone excel in competitiveness and mental resilience. They feel positive about their game, are mentally strong, are motivated to achieve, and have the will to win.



Anxious Underachiever. Athletes in the lower-left part of this amber zone present as unsure about their abilities and their potential at the present point in time. They need help and support to boost their confidence and motivation.

Easygoing Underachiever. Athletes in the lower right part of this amber zone excel in confidence but lack motivation to achieve. They present as sure of themselves and stress-free but they lack the competitive drive to work hard to develop and realize their potential.

Borderline Easygoing Underachiever. You appear on the border between the Confident Achiever and Easygoing Underachiever zones. At the present moment, you come out slightly above average on Confidence and Resilience, and average on Achievement Drive and Competitiveness. The scorecards on the next pages give further details about this part of your mental game.

Achievement and Competitiveness Scorecard												
Sten												
	1	2	3	4	5	6	7	8	9	10		
Achievement				<	...	>						
Adaptability	<		...	>								
Competitiveness	<		...	>								
Conscientiousness				<	...	>						
Visualization				<	...	>						
Intuition						<	...	>				
Goal Setting				<	...	>						
Achievement and competitiveness				<	...	>						
	Improve				Work on			Capitalize on				
Achievement and Competitiveness	Level 3. Your responses to the questionnaire suggest that you put in as much effort and energy as most athletes to achieve success.											
Description of dimensions												
Achievement	Level 3. Your responses indicate that personal achievement is a moderately important driver for you.											
Adaptability	Level 1. You present yourself as rather unadventurous and set in your ways. You are very reluctant to experiment and take risks.											
Competitiveness	Level 1. Your responses indicate that participating is more important to you than winning.											
Conscientiousness	Level 3. You are fairly conscientious and moderately well-organized. You work quite hard to achieve your goals but you maintain a work-life balance.											
Visualization	Level 3. You use imagery and visualization to a moderate extent to help think positively and perform well.											
Intuition	Level 4. More than the average contestant in the comparison group, you let your deep-down inner feelings guide you and you act on your instincts and intuition.											
Goal Setting	Level 3. Your responses indicate that you use goal-setting as much as the average athlete in the comparison group.											

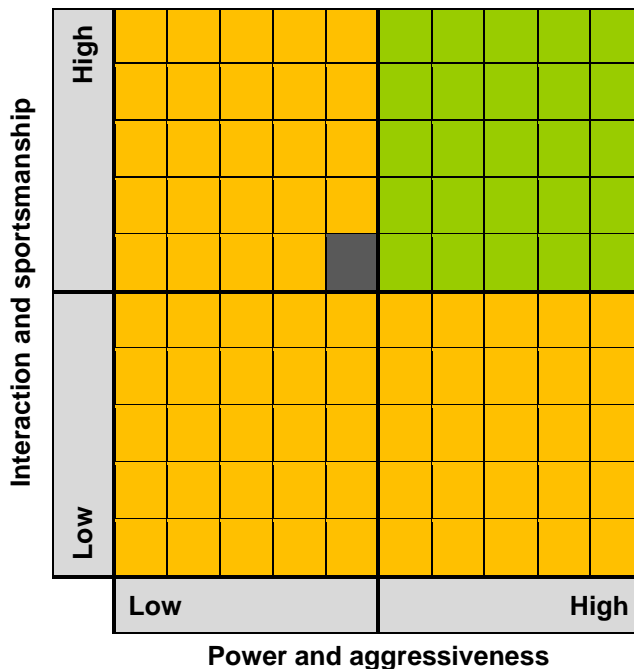
Confidence and Resilience Scorecard										
Sten										
	1	2	3	4	5	6	7	8	9	10
Managing Pressure	[Orange]			[Yellow-Orange]	[Yellow]	[Light Green]	[Green]	<	...	>
Self-Efficacy	[Orange]				[Yellow-Orange]	[Yellow]	<	...	>	[Green]
Fear of Failure Control	[Orange]			[Yellow-Orange]	<	...	>	[Light Green]	[Green]	[Light Green]
Flow	[Orange]				[Yellow-Orange]	[Yellow]	[Light Green]	<	...	>
Stress Management	[Orange]			[Yellow-Orange]	[Yellow]	[Light Green]	<	...	>	[Green]
Emotions	[Orange]			[Yellow-Orange]	<	...	>	[Light Green]	[Green]	[Light Green]
Self-Talk	[Orange]				[Yellow-Orange]	[Yellow]	<	...	>	[Green]
Self-Awareness	[Orange]		[Yellow-Orange]	<	...	>	[Light Green]	[Green]	[Light Green]	[Green]
Confidence and Resilience	[Orange]			[Yellow-Orange]	[Yellow]	<	...	>	[Light Green]	[Green]
	Improve				Work on			Capitalize on		
Confidence and Resilience	Level 4. Your responses to the questionnaire suggest that at present you are feeling rather more confident and resilient than the average contestant in the comparison group. Your overall score on this factor is within the top 30 percent of the comparison group.									
Description of dimensions										
Managing Pressure	Level 4. You seem to manage pre-competition stress more successfully than the average contestant.									
Self-Efficacy	Level 4. You appear to have quite a lot of self-belief at the moment and display a 'can-do' attitude.									
Fear of Failure Control	Level 5. Your responses indicate that you worry less than the majority of athletes about failure and being judged negatively by others.									
Flow	Level 5. You report significantly more experiences of performing in the zone than the average contestant.									
Stress Management	Level 5. Your responses indicate that you are in better mental and physical shape than the average contestant.									
Emotions	Level 3. Your responses suggest that you have been as successful as the average athlete in managing your moods and emotions.									
Self-Talk	Level 4. You use self-talk quite effectively to help deal with pre-competition stress and to maintain concentration and performance during competitions.									
Self-Awareness	Level 2. You appear to be a little less aware of the strengths and weaknesses of your game than the average contestant.									

Leadership Potential

The Leadership Potential Matrix below classifies athletes into four groups shown on axes of Power and Aggressiveness, and Interaction and Sportsmanship. These factors measure your interest in having power and control over people and your interest in forming relationships, working cooperatively, and acting ethically. The SPQ Scorecards on pages 9 and 10 show your results for these two factors and their components. These groups are explained below.

Team Player. Athletes located in the upper-left part of this amber zone are not motivated by power and authority so they are likely to be reluctant leaders. They do like to be accepted and held in popular regard, however, which makes them natural team players.

Democratic Captain. Athletes located in the upper-right part of this green zone are motivated by power, personal status and prestige, and a need for friendly relationships. They like to lead and like to be accepted and held in popular regard. This makes them natural team leaders.



Individual Player. Athletes located in the lower-left part of this amber zone do not have the desire to lead or the desire to be liked and held in popular regard. They tend to prefer doing things on their own and do not seek the company or approval of fellow contestants.

Controlling Captain. Athletes located in the lower-right part of this amber zone have the desire to lead, to be influential and make an impact, but they do not have the desire to be liked and held in popular regard. This often means that they need to work hard to take people with them.

Borderline Team Player. You came out as average on Power and Aggressiveness, and average on Interaction and Sportsmanship. You have some need to be influential and hold power, and some need to build relationships and cooperate with people. The scorecards on the next pages give further details of your scores in these areas.

Interaction and Sportsmanship Scorecard										
Sten										
	1	2	3	4	5	6	7	8	9	10
Ethics	[Orange]			<	...	>	[Light Green]	[Green]		
Empathy	[Orange]					<	...	>	[Green]	
Relationships	[Orange]			<	...	>	[Light Green]	[Green]		
Interaction and Sportsmanship	[Orange]			<	...	>	[Light Green]	[Green]		
	Improve				Work on			Capitalize on		
Interaction and Sportsmanship	Level 3. Your responses to the questionnaire suggest that interaction and sportsmanship is a moderately important driver for you.									
Description of dimensions										
Ethics	Level 3. Your responses indicate that you as courteous and upright as the average athlete.									
Empathy	Level 4. You present yourself as quite sympathetic, friendly, and keen to cooperate and avoid conflict.									
Relationships	Level 3. You come over as moderately extraverted and sociable, someone who enjoys the company of others but also likes their space.									

Power and Aggressiveness Scorecard											
Sten											
	1	2	3	4	5	6	7	8	9	10	
Aggressiveness	[Orange]			<	...	>	[Light Green]	[Green]			
Power	[Orange]			<	...	>	[Light Green]	[Green]			
Power and Aggressiveness	[Orange]			<	...	>	[Light Green]	[Green]			
	Improve				Work on			Capitalize on			
Power and Aggressiveness	Level 3. You have an average score on the combined power and aggressiveness factor.										
Description of dimensions											
Aggressiveness	Level 3. You tend to perform in a moderately activated, worked up, and aggressive state.										
Power	Level 2. Your responses indicate that you are a little less motivated by authority and power than the average contestant.										

Next Steps

We recommend that you discuss the key points from this report with your coach, and invite feedback and improvement suggestions from team members and fellow competitors. Factoring in other peoples' assessments alongside your own is important, as there is plenty of evidence that shows that self-assessments rarely match those of other people's one hundred percent.

Having considered your own assessment together with the views of key colleagues, where should you start when addressing development? A logical starting point is to address weaker areas – for example, any Level 1 or 2 areas on your SPQ Scorecards. Many coaches and development experts warn against focusing exclusively on weaker areas, however, unless these are considered to be 'fatal flaws'. Fatal flaws are those areas which are likely to inhibit performance and career development, and they should be addressed first.

If there are no fatal flaws, or once these have been addressed, the advice of many coaches and experts is to focus on one's strengths. There is compelling data which shows that effective performance is directly related to the number of strengths an athlete possesses. We, and our coaches, tend to be drawn towards worrying about our less strong performance areas, but an alternative strategy is to concentrate on one's strengths.

[Click here](http://www.sportsconfidence.com/spq_development_recommendations.pdf) to download further more specific ideas and suggestions about how to improve your mental skills performance (http://www.sportsconfidence.com/spq_development_recommendations.pdf).

SPQ20 Psychometric Scorecard

No	Scale	Raw Score	Sten Score	Score Meaning
1	Achievement	25	6	Higher than about 60% of the comparison group
2	Adaptability	15	3	Higher than about 10% of the comparison group
3	Competitiveness	18	3	Higher than about 10% of the comparison group
4	Conscientiousness	24	6	Higher than about 60% of the comparison group
5	Visualization	19	5	Higher than about 40% of the comparison group
6	Intuition	22	7	Higher than about 75% of the comparison group
7	Goal Setting	21	6	Higher than about 60% of the comparison group
8	Managing Pressure	28	9	Higher than about 95% of the comparison group
9	Self-Efficacy	20	6	Higher than about 60% of the comparison group
10	Fear of Failure Control	12	5	Higher than about 40% of the comparison group
11	Flow	24	8	Higher than about 90% of the comparison group
12	Stress Management	18	8	Higher than about 90% of the comparison group
13	Emotions	17	5	Higher than about 40% of the comparison group
14	Self-Talk	26	7	Higher than about 75% of the comparison group
15	Self-Awareness	16	4	Higher than about 25% of the comparison group
16	Ethics	18	5	Higher than about 40% of the comparison group
17	Empathy	25	7	Higher than about 75% of the comparison group
18	Relationships	19	5	Higher than about 40% of the comparison group
19	Aggressiveness	14	5	Higher than about 40% of the comparison group
20	Power	16	4	Higher than about 25% of the comparison group
21	Impression Management	16	4	Higher than about 25% of the comparison group

Sport Personality Questionnaire SPQ20

Performance Improvement Tips
and Suggestions

Ideas, tips, and reading suggestions for athletes who have completed the SPQ20 Sport Personality Questionnaire.

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Introduction

The purpose of this learning and development guide is to give you some practical ideas, tips, and reading suggestions for learning and development and performance improvement drawn from the sport psychology literature.

These ideas and suggestions are linked to the personality factors and mental skills measured by the SPQ20 Sport Personality Questionnaire. They cover twenty key areas of your mental game.

Each group of ideas and suggestions for learning and development/mental skills improvement includes a reading recommendation.

If you are looking at this document on a computer which has access to the internet, clicking on the book title or image will take you to Amazon where you can find more information about the book and purchase it.

There is a planning template at the end of the guide to help you set your mental skills improvement goals and plan your training and performance improvement activities.

Achievement and Competitiveness	
Achievement	
1.1	Read <u>Psychology of Champions: How to Win at Sports and Life with the Focus Edge of Super-Athletes</u> by James Barrell and David Ryback
1.2	Develop a dream about what you want to achieve in your sport.
1.3	Be prepared to work your butt off to achieve success as a professional or amateur athlete.
1.4	Get the most out of training and practice by being enthusiastic, determined, and goal-driven.
1.5	Review your performance continuously and celebrate successes and good performances.
1.6	Show through your behavior and actions that you want to learn, you want to get better, and you are prepared to put the work in.
Adaptability	
2.1	Read <u>Six Thinking Hats</u> by Edward de Bono
2.2	Ask for and be open to advice and support from others – for example, your coach, fellow team mates, sport commentators.
2.3	Try out creative thinking techniques such as brainstorming, the six thinking hats, metaphors and stories to help generate imaginative ideas.
2.4	Try approaching problems from angles that are as far as possible from the ways you have approached them in the past.
2.5	Be willing to adapt your behavior to increase your ability to play well and compete successfully.
2.6	Remember that mental and physical skills' improvement takes time, commitment, and consistent effort.
Competitiveness	
3.1	Read <u>Mind Gym : An Athlete's Guide to Inner Excellence</u> by Gary Mack and David Casstevens.
3.2	Analyze your strengths and weaknesses in relation to other athletes and where you need to improve to gain competitive edge.
3.3	In competition, focus on performing well rather than winning as focusing on winning will do little to help you win.
3.4	Learn to control your explanations for winning and losing - give yourself full credit for your wins and give your opponents credits for their wins.
3.5	Enjoy the buzz from competing and performing well in front of others
3.6	Believe in your ability and never give up hope.
Conscientiousness	
4.1	Read <u>The New Toughness Training for Sports: Mental Emotional Physical Conditioning from One of the World's Premier Sports Psychologists</u> by James Loehr
4.2	Be prepared to spend most of your time in training and in practice.
4.3	Develop specific plans and goals to guide your training and practice and focus on the task in hand.
4.4	Prepare yourself thoroughly for competition by developing and rehearsing a competition plan.
4.5	When you are going through a difficult patch, stick with it and do your best rather than give up and going through the motions.
4.6	Try to consistently deliver more than you are asked to do by your coach or team captain.

Achievement and Competitiveness	
Visualization	
5.1	Read <u>Creative Visualization for Beginners</u> by Richard Webster.
5.2	Use imagery and visualization to help master skills and counter nerves.
5.3	Visualize yourself in a movie performing skilfully and confidently and replay the movie frequently.
5.4	Create positive images that are vivid and detailed and make use of all senses – try to see, feel, hear, smell, and taste.
5.5	Try to spend from 10 to 30 minutes every day visualizing yourself performing well and achieving your goals.
5.6	Think of imagery as a mental skill that you need to practice to perfect like physical skills.
Intuition	
6.1	Read <u>The Intuitive Way: The Definitive Guide to Increasing Your Awareness</u> by Penney Peirce.
6.2	Trust your instincts and intuition when you are facing a situation or challenge that you have rehearsed and practiced many times before.
6.3	Don't act impulsively - listen to your feelings alongside information and advice from your coach and team mates.
6.4	Practice your ability to identify early cues or changes in the game which indicate what your opponents are going to do.
6.5	Don't ignore bad feelings/anxiety about a problem or issue until you have information to refute it.
6.6	Actively learn from training and competition in order to gradually improve your perception, expertise, and sixth sense over time.
Goal Setting	
7.1	Read <u>10-Minute Toughness: The Mental Training Program for Winning Before the Game Begins</u> by Jason Selk
7.2	Develop a strategy with your coach with clear development stages for improving your overall game.
7.3	Consider the value of moving modestly, patiently, carefully, and incrementally in order to achieve your goals.
7.4	Make sure you own you goals. Write them down using the planning template in this guide. Check whether they are specific, measurable, achievable, realistic and timed.
7.5	Invite feedback from your coach and fellow athletes on whether you are working on the right areas.
7.6	Continually review progress towards your objectives/goals and set new goals to replace achieved ones.
Confidence and Resilience	
Managing Pressure	
8.1	Read <u>With Winning in Mind: The Mental Management System</u> by Lanny Bassham.
8.2	View nervousness as a natural and essential part of strong competitive performance.
8.3	Identify and write down the feelings you experience when winning and use imagery to create a positive mindset before competing.
8.4	During competition, focus on performing to the best of your ability rather than winning.
8.5	Learn to reduce tension using mental routines such as deep breathing and progressive muscle relaxation.
8.6	When under pressure, step back, get things in perspective, and if necessary develop a new game plan.

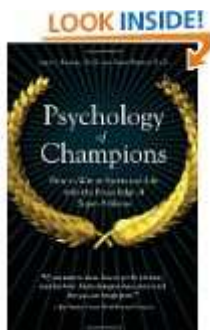
Confidence and Resilience	
Self-Efficacy	
9.1	Read <u>The Talent Code: Greatness Isn't Born. It's Grown. Here's How</u> by Daniel Coyle.
9.2	Avoid comparing yourself to your opponent and focus on the things that you know you do well.
9.3	Be confident, positive, and optimistic that you will perform well in your next competition.
9.4	Use thought-stopping to block unwanted thoughts and help refocus your attention on the task in hand.
9.5	After errors and setbacks, acknowledge what went wrong, refocus on the task in hand and avoid thinking about the past.
9.6	Increase your sense of well-being by expressing positive feelings and emotions to others.
Fear of Failure Control	
10.1	Read <u>The Achilles Syndrome: Overcoming the Secret Fear of Failure</u> by Petruska Clarkson.
10.2	Accept/tell yourself that you will not achieve your goals without learning from losses, mistakes and errors.
10.3	Overcome fear of failure by trying different approaches and persisting until you achieve your goals/succeed.
10.4	Take the positives out of a situation where you don't perform the way you planned and analyze what you are going to do differently next time
10.5	Use positive affirmations such as "I don't worry about what people think" to counter thoughts about failing.
10.6	Don't be hard on yourself when you don't succeed. Get failure into perspective and learn something every time you lose.
Flow	
11.1	Read <u>Finding Your Zone: Ten Core Lessons for Achieving Peak Performance in Sports and Life</u> by Michael Lardon.
11.2	During training and competition, focus on the task in hand and eliminate possible distractions from what is going on around you.
11.3	Trust and act on your instincts and intuition. Be prepared to let go and take calculated risks.
11.4	View training as a challenge to improve your skills and train with intensity and commitment.
11.5	Get yourself feeling positive and confident before performing by, for example, recreating past positive experiences.
11.6	Rehearse beforehand how you see yourself performing and focus on enjoying competing and performing.
Stress Management	
12.1	Read <u>Performing Under Pressure: Gaining the Mental Edge in Business and Sport</u> by Saul Miller.
12.2	Develop a sense of humour and perspective as a shield in times of hardship.
12.3	When you face difficult situations, stare down reality rather than adopt an overly optimistic assessment of the situation.
12.4	Maintain your level of interaction with people when you feel stressed rather than cutting yourself off.
12.5	View training pain (as opposed to injury pain) as a normal part of training and competition.
12.6	Try to get plenty of sleep and make sure you have a good diet.

Confidence and Resilience	
Emotions	
13.1	Read <u>177 Mental Toughness Secrets of the World Class: The Thought Processes, Habits and Philosophies of the Great Ones (Volume 3)</u> by Steve Siebold.
13.2	Increase your knowledge and understanding of feelings and emotions by noting your thoughts and feelings in practices and competitions.
13.3	Learn to read people's expressions and behaviours and think about how your words and actions affect others - for example, your coach, fellow competitors and family.
13.4	Recognise how other people's feelings and emotions may affect you.
13.5	Express your frustrations and concerns appropriately rather than bottling things up. Use humour to defuse tension.
13.6	Use visualization and positive self-talk to manage performance anxiety and change emotional gears.
Self-Talk	
14.1	Read <u>What to Say When you Talk To Yourself</u> by Shad Helmstetter.
14.2	Use your inner voice to stay in control of and focused on your game and prevent you acting impulsively.
14.3	Say positive things to yourself such as, "I need to get out of this mind-set" to stay fresh and refocus.
14.4	Rehearse personal positive affirmations about your strengths such as "I am having a lot of fun" to use before, during, and after competing.
14.5	Practice positive cue statements in combination with deep breathing to refocus and decrease muscle tension caused by anxiety.
14.6	Develop and practice techniques for noticing and countering negative thoughts - for example, the rubber band snap technique.
Self-Awareness	
15.1	Read <u>Compete, Play, Win: Finding Your Best Competitive Self</u> by David Apostolico.
15.2	Develop your understanding of what works for you and doesn't work for you in order to get into your best performance state.
15.3	Invite feedback and suggestions from coaches and team mates on your physical skills and how you handle yourself mentally.
15.4	Use video of your performances to help assess your strengths and weaknesses and help develop strategies for future competitions.
15.5	Evaluate your performance with your coach after training and competition to identify what went well and what you could have done differently and should work on.
15.6	Be aware of your thought patterns and self-talk at peak/stressful moments in competition and deploy techniques to counter negative thoughts.
Interaction & Sportsmanship	
Ethics	
16.1	Read <u>Fair Play: The Ethics of Sport</u> by Robert Simon.
16.2	Expect to be judged by what you do and how well you do it.
16.3	Play fairly using only tactics that are in accord with the spirit of your sport.
16.4	Stick to the rules and regulations of your sport and avoid gamesmanship.
16.5	Show loyalty to your team mates, sport, community, society, and family.
16.6	Don't use performance enhancing drugs to increase your muscle strength.

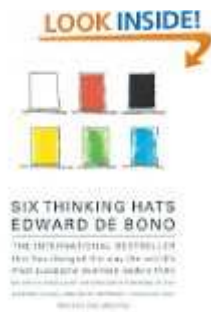
Interaction & Sportsmanship	
Empathy	
17.1	Read <u>Real Dream Teams: Seven Practices Used by World-Class Team Leaders to Achieve Extraordinary Results (St Lucie)</u> by Robert Fisher and Bo Thomas.
17.2	Take time to learn about people's personal situations, views, and concerns.
17.3	In conversations, look like you care and ask questions to show that you are interested in what your coach or team mates are saying.
17.4	Acknowledge cultural differences among competitors and recognize the value in those differences.
17.5	Avoid personal celebrity and aim for a combination of extreme professional determination and outward personality modesty.
17.6	Watch for the warning signs of stress and burnout in people around you.
Relationships	
18.1	Read <u>Negotiate Like the Pros: A Top Sports Negotiator's Lessons for Making Deals, Building Relationships, and Getting What You Want</u> by Kenneth Shropshire.
18.2	Connect face-to-face with people you get on with as frequently as you can.
18.3	Initiate interactions and communications with people in your sport rather than waiting for other people to come to you.
18.4	Develop strong relationships with your coach, team mates, commentators, and sponsors.
18.5	Aim to be moderately assertive pushing your views and ideas at times and backing off at other times.
18.6	Make time to have fun with, show interest in, and care for the people who matter most to you.
Power & Aggressiveness	
Aggressiveness	
19.1	Read <u>The Mental Edge</u> by Kenneth Baum.
19.2	Practice hard to improve your game and gain confidence to play well.
19.3	Develop your understanding about when to play aggressively and when to play safe.
19.4	Focus on execution rather than the results and avoid thinking about mistakes.
19.5	Go through your routines with full intensity and focus in order to achieve a peak level when you perform.
19.6	Play aggressively in order to play well and be among the top players.
Power	
20.1	Read <u>The Captain: Steve Yzerman: 22 Seasons, 3 Cups, 1 Team</u> by Detroit Free Press.
20.2	Take the role of team captain seriously and develop your understanding of what it takes to be an effective captain.
20.3	Put the success of the team ahead of your own needs and demonstrate concern for the well-being of team members.
20.4	Demonstrate your passion for the game by giving 100% every time you train and compete.
20.5	Be prepared to step up, walk the talk, and set an example for the rest of the team.
20.6	Talk to your coach, team mates, and past captains to understand what people expect from you as captain.

Reading

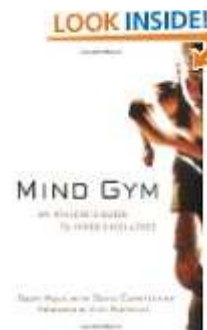
Click on the image to go to Amazon.com in order to find out more about a book.



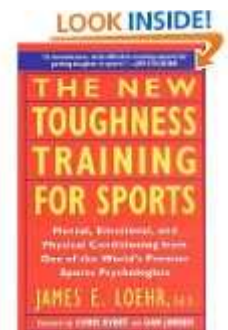
Psychology of Champions: How to Win at Sports and Life with the Focus Edge of Super-Athletes



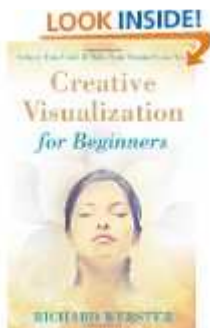
Six Thinking Hats



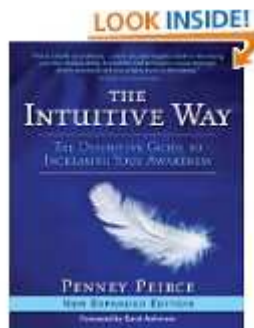
Mind Gym : An Athlete's Guide to Inner Excellence



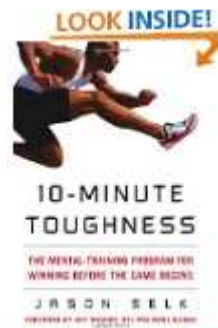
The New Toughness Training for Sports: Mental Emotional Physical Conditioning from One of the World's Premier Sports Psychologists



Creative Visualization for Beginners



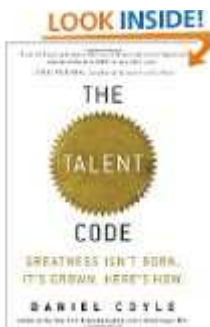
The Intuitive Way: The Definitive Guide to Increasing Your Awareness



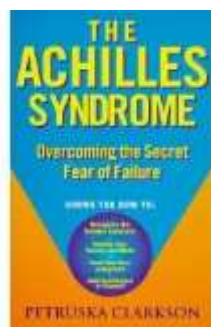
10-Minute Toughness: The Mental Training Program for Winning Before the Game Begins



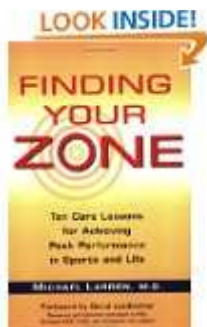
With Winning in Mind: The Mental Management System



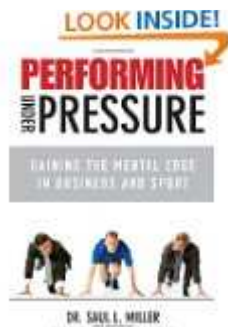
The Talent Code: Greatness Isn't Born, It's Grown. Here's How



The Achilles Syndrome: Overcoming the Secret Fear of Failure

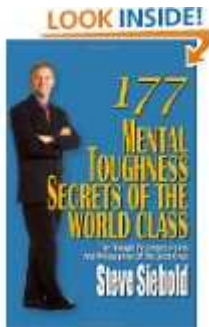


Finding Your Zone: Ten Core Lessons for Achieving Peak Performance in Sports and Life

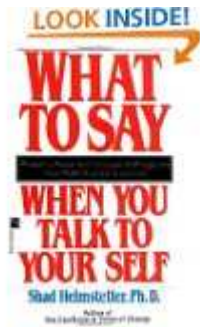


Performing Under Pressure: Gaining the Mental Edge in Business and Sport

More Reading



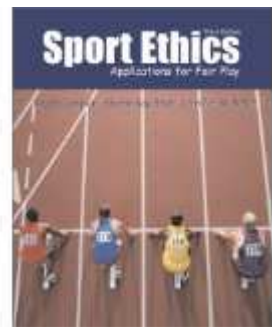
177 Mental Toughness Secrets of the World Class: The Thought Processes, Habits and Philosophies of the Great Ones (Volume 3)



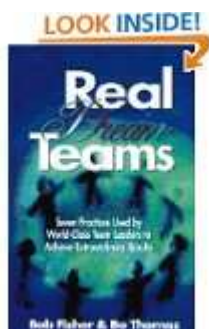
What to Say When you Talk To Yourself



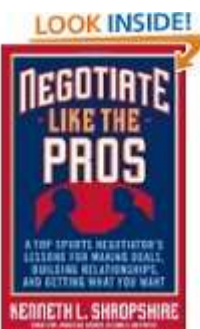
Compete, Play, Win: Finding Your Best Competitive Self



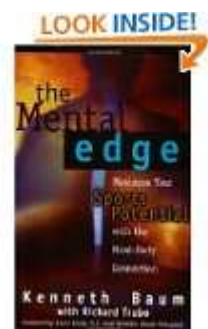
Fair Play: The Ethics of Sport



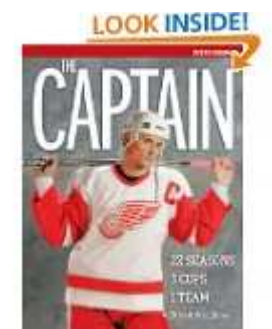
Real Dream Teams: Seven Practices Used by World-Class Team Leaders to Achieve Extraordinary Results (St Lucie)



Negotiate Like the Pros: A Top Sports Negotiator's Lessons for Making Deals, Building Relationships, and Getting What You Want



The Mental Edge



The Captain: Steve Yzerman: 22 Seasons, 3 Cups, 1 Team

Mental Skills Development Plan

Dimension	Goal	Learning Activity	Timeline	Review Notes
Achievement Drive and Competitiveness				
Confidence and Mental Resilience				
Interaction and Sportsmanship				
Power and Aggressiveness				