



Mental Skills Questionnaire

Mental Skills in Sport: Questionnaire?

We've put together 20 simple but telling statements for you to consider.

Rate how true the statement is for you from: Never do this ---to--- Always do this.

Circle your score to each question and then add them up at the end.

Never----- Always

A	"I frequently remind myself of the positive reasons I play sport"	1 __ 2 __ 3 __ 4 __ 5 __
B	"If I perform poorly I tend to dwell on my negative feelings too long."	5 __ 4 __ 3 __ 2 __ 1 __
C	"I let negative thoughts show in play through my negative body language."	5 __ 4 __ 3 __ 2 __ 1 __
D	"I blank out distractions and I am not easily distracted, if I am I can refocus quickly."	1 __ 2 __ 3 __ 4 __ 5 __
E	"My opponents behaviour(s) can upset me and put me off"	5 __ 4 __ 3 __ 2 __ 1 __
F	"I specify future specific learning goals from my performances."	1 __ 2 __ 3 __ 4 __ 5 __
G	"I focus on the outcomes I want more than problems I encounter."	1 __ 2 __ 3 __ 4 __ 5 __
H	"I remain cool and concentrated in pressure situations."	1 __ 2 __ 3 __ 4 __ 5 __
I	"I am realistically optimistic before competition."	1 __ 2 __ 3 __ 4 __ 5 __
J	"I use negative words/instructions to myself or others." e.g. don't hit it right, don't be short	5 __ 4 __ 3 __ 2 __ 1 __
K	"I get quite nervous and this can have a negative impact on my performance"	5 __ 4 __ 3 __ 2 __ 1 __
L	"I use conscious strategies to stay calm and focused."	1 __ 2 __ 3 __ 4 __ 5 __
M	"If I do something wrong it adversely affects the rest of my game"	5 __ 4 __ 3 __ 2 __ 1 __
N	"I create positive emotional states in others."	1 __ 2 __ 3 __ 4 __ 5 __
O	"I find my mind wondering and losing focus during competition."	5 __ 4 __ 3 __ 3 __ 1 __
P	"When I think about the opposition it can put me off my game."	5 __ 4 __ 3 __ 2 __ 1 __
Q	"I can create internal vivid mental pictures of myself performing well."	1 __ 2 __ 3 __ 4 __ 5 __
R	"I get into a state of confident focus before performing."	1 __ 2 __ 3 __ 4 __ 5 __
S	"I put into practice positive physical and mental routines before play."	1 __ 2 __ 3 __ 4 __ 5 __
T	"I let negative inner thoughts and emotions adversely affect my performance"	5 __ 4 __ 3 __ 2 __ 1 __
Total		



Mental Skills in Sport

About This Questionnaire

Differences are normal from one person to the next, as well as differences over time and situations for any given individual. Nevertheless, you should find the rating scale insightful, suggesting areas for future focus and development.

The highest score possible is 100 and the lowest score is 20.

Interpreting Your Score:

70 or Higher

You already display mentally tough behaviours, though you are aware of the need to constantly practice yours mental skills. You have qualities and characteristics that will allow you to keep building a mentally tough capacity in yourself and others. Teaching these skills to others will not only reinforce them in you, it will also build a positive mental skills culture within your team.

50 – 70

You are doing better than most. You have a good approach to competition along with a good understanding that you can boost your mental capability. Ensure that you practice your skills and look to development opportunities whereby you can continue forming good habits. You may find that concentration on one or two areas are key performance drivers. Heartmath techniques will enhance physiological balance.

50 – 60

You are doing well but you do need to spend more time on your journey towards greater mental toughness. Mental skills are like physical skills they require repetition and practice for them to improve. Doing this will improve your consistency. Presently you may at times be getting in “your own way.” Identify your personal interferences and work on doing drills that will allow you to play more to your potential. Practice the mental drills until they become habit forming. Practice also the HeartMath techniques for physiological balance

50 or Under

If you are in this category and you want to play nearer your potential I would suggest that you think about developing your mental skills and take action. Mental skills are like physical skills they require repetition and practice for them to become habits and internalized attitudes. Research suggests often a good place to start is with physiological calmness: Centring and HeartMath techniques provide a solid base for enhancing performance and they can be learned and performed quickly. Then you can move on to the specific neural programming techniques like anchoring and mental imagery.



Notes