



## PRE-PERFORMANCE ASSESSMENT

This assessment is designed to be filled out/thought about prior to competition. Completing this assessment prepares the brain to take on the psychological challenges ahead. View this assessment as your "Mental Warmup."

**What is my mental goal today?**

**What distractions (external & internal) keep you from attaining this goal?**

Examples: External-competition, playing surfaces, weather & Internal-fear, anger, dwelling, overthinking

**How do these distractions impact my ability to perform with stable confidence?**

**What will I do today to manage these distractions and return to the present moment?**



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