



POST PERFORMANCE ASSESSMENT

Post competition is the best time to assess how we did mentally. Use this assessment to learn, change, and improve your mindset for the next performance.

Did you achieve your mental goal today? Why or why not?

How aware were you of your thoughts and emotions?

1 2 3 4 5

What can you do to improve awareness for next time?

How well did you accept failure before it happened?

1 2 3 4 5

How can you improve this for next time?

How clear were you on your intention?

1 2 3 4 5

How can you improve this for next time?

How committed were you to this intention?

1 2 3 4 5

How can you improve this for next time?



 (239) 355-4954   athleticmindperformance  eric@athleticmindperformance.com

www.athleticmindperformance.com