

Mental Skills Inventory

Name:

Date:

Please place the appropriate number next to the following statements.

5=very true 4=somewhat true 3=sometimes/unsure 2=not very true 1=untrue

1. My self talk is positive and reasonable
2. I can concentrate well under pressure
3. I feel self conscious when performing
4. I can become very self critical
5. I train efficiently
6. I feel good about my goals
7. I need to be more motivated
8. It is difficult to keep my mind on my task
9. I know how to recover from mistakes
10. I can relax when I need to
11. I have trouble getting myself up to compete
12. I control my nerves well
13. I fear failure
14. I worry about what other people think
15. I worry about getting hurt
16. My best doesn't seem good enough
17. I enjoy competing
18. I have a pre competition plan that works for me
19. I control my emotions
20. I communicate effectively with people involved in my sport