



WINNING MINDSET CHECKLIST

Goal Setting

1. Do I have a clear goal written down?

☐ Yes ☐ No

2. Do I have a clear & specific action plan to improve in each area (Technique, Mindset, Nutrition, & Strength/Conditioning) that is written down?

☐ Yes ☐ No

3. Do I take personal responsibility for my mistakes & weaknesses (or do I blame others)?

☐ Yes ☐ No

Mental Toughness

4. Do I believe I am the most mentally tough person I have ever met? (Who is? What would you have to do to catch up?)

☐ Yes ☐ No

5. Do I ever worry about getting tired in competitions?

☐ Yes ☐ No

6. Do I clearly know my core beliefs about myself and the world i.e. Faith, values, morals, personal standards, and boundaries for my behavior (outside of sport including religion/spirituality and views towards drinking, smoking, dipping, partying, dating, etc)?

☐ Yes ☐ No



Motivation

7. Can I name the things that motivate/inspire me?

☐ Yes ☐ No

8. Do I know the thoughts before a competition that bring out my best performances?

☐ Yes ☐ No

9. Am I good at reminding myself why I love the sport (other than winning) during difficult times in the season?

☐ Yes ☐ No

Present Moment

10. Do I avoid reading/looking at papers, forums, rankings, box scores, Facebook/Instagram and Twitter related to sport during the season?

☐ Yes ☐ No

11. Do I easily block out distractions (i.e. bad calls, parents, crowd, opponents, score, time, outcome)

☐ Yes ☐ No

12. Do I forgive myself and accept my mistakes?

☐ Yes ☐ No

Relaxing under Pressure

13. Do I feel great, energized, & awake before I compete (as opposed to nervous, stressed, or tired)?

☐ Yes ☐ No

14. Do I fall asleep without trouble the night before competitions?

☐ Yes ☐ No

15. Do I sometimes get tired early in the competition?

☐ Yes ☐ No

Confidence

16. If I had to put my savings on it, do I believe I will accomplish my goal? (What makes me hesitate?)

☐ Yes ☐ No

17. Do I believe I can execute my best technique on anyone I compete against?

☐ Yes ☐ No

18. Do I always attack my assignment in competitions (or do I sometimes hesitate and compete a little too cautiously and conservative)?

☐ Yes ☐ No

Aggressiveness

19. In competitions/practice, can I say that I am never too nice or feel sorry for my opponents?

☐ Yes ☐ No

20. Do I go All-Out all the time?

☐ Yes ☐ No

21. Am I thinking about Dominating, as opposed to just winning?

☐ Yes ☐ No