



SOFTBALL 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 (Technical Skills, 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 I have to do to catch up?)

☐ Yes ☐ No

5. Do I ever worry about overtraining or getting tired in practice/games?

☐ 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 softball including religion/spirituality and views towards drinking, smoking, dipping, partying, dating,

☐ Yes ☐ No



Motivation

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

☐ Yes ☐ No

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

☐ Yes ☐ No

9. Am I good at reminding myself why I love softball (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 my sport during the season?

☐ Yes ☐ No

11. Do I easily block out distractions (i.e. bad calls, parents, crowd, other team's players)?

☐ 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 play (as opposed to nervous, stressed, or tired)?

☐ Yes ☐ No

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

☐ Yes ☐ No

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

☐ 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 on both sides of the ball on anyone I play against?

☐ Yes ☐ No

18. Do I always rely on my instincts in games (or do I sometimes hesitate and play a little too cautiously and conservatively)? Ex. When pitching or base running.

☐ Yes ☐ No

Clarity

19. Can I tell in detail what my assignment is on any given situation and at any position I play in the field?

☐ Yes ☐ No

20. Do I know how to approach an at-bat regardless of the situation? Ex. With a lead or behind; Runners in Scoring Position, etc.)

☐ Yes ☐ No

21. When I play, do I focus on what I am supposed to do or focus on what my teammates are doing or supposed to do?

☐ Yes ☐ No

Aggressiveness

22. In games/practice, can I say that I am always hustling during all of my drills? During the game am I always hustling on defense?

☐ Yes ☐ No

23. Do I always look to get a hit regardless of the count?

☐ Yes ☐ No

24. Do I always anticipate being able to gain an extra base on every pitch?

☐ Yes ☐ No