

Peak Performance Inventory

Take this printer friendly inventory to help you get a clearer picture of your mental skills. Circle one of the five numbers for each of the items. Choose only one answer for each item. Be open and honest with yourself and respond to each item as it pertains to you presently.

	Almost always	Often	Sometimes	Seldom	Almost never
1) I tend to see myself as more of a loser than a winner as a competitor.	1	2	3	4	5
2) My muscles become overly tight during competition.	1	2	3	4	5
3) I am able to concentrate on the important elements of the situation during competition.	5	4	3	2	1
4) I actually spend time mentally picturing myself performing perfectly.	5	4	3	2	1
5) I am highly motivated to perform to my very best as an athlete.	5	4	3	2	1
6) I wake up in the morning and am really excited about practicing.	5	4	3	2	1
7) I strive to be positive and enthusiastic during competition, no matter what.	5	4	3	2	1
8) I am very self-confident as a competitor.	5	4	3	2	1
9) It seems my mind starts going 100 mph during critical moments of competition.	1	2	3	4	5
10) I find myself thinking of past mistakes or missed opportunities as I perform.	1	2	3	4	5
11) I can, and mentally do, rehearse how I want to perform prior to a performance.	5	4	3	2	1
12) I find myself wondering why I'm putting myself through all the hard work and frustration.	1	2	3	4	5
13) I tend to see tough situations as threats rather than as challenges.	1	2	3	4	5
14) I can't tolerate mistakes.	1	2	3	4	5

Score your Results

Add up the circled numbers for your total score.

60 – 70 Excellent Skills

43 – 59 Room for improvement

14 – 42 Needs your special attention