



PRE-21HMP EVALUATION

“Measurement = Motivation” – Brian Cain

Pre 21HMP Program Self Evaluation Rate yourself honestly on a scale of 1 not good at all to 5 Very Good	Scale				
	P o o r				S t r o n g
Time Spent Devoted to Mental Game Development	1	2	3	4	5
Belief in Self (Confidence)	1	2	3	4	5
Strong Sense of Who You Are (Identity)	1	2	3	4	5
Play Free from Fear	1	2	3	4	5
Positive Self-Talk	1	2	3	4	5
Emotion Regulation (anxiety, fear, nerves, frustration, anger...)	1	2	3	4	5
Present Moment Focus (Past, Present, Future)	1	2	3	4	5
Knowledge of What’s Inside/Outside Your Control	1	2	3	4	5
Performance Routines (pre-game, in game, post-game evaluation)	1	2	3	4	5
Use of Imagery/Visualization	1	2	3	4	5
Use of Breathing Exercises	1	2	3	4	5
Bodily Awareness (what’s going on inside of you)	1	2	3	4	5
Use of Goal Setting	1	2	3	4	5
Sleep Quality	1	2	3	4	5
Quality Leadership	1	2	3	4	5
Time Management	1	2	3	4	5
Playing Under Pressure	1	2	3	4	5
Perfectionist	1	2	3	4	5
Mistake Recovery	1	2	3	4	5
Concentration	1	2	3	4	5
Enjoyment of Sport	1	2	3	4	5
Relationship w/Practice	1	2	3	4	5
Ability to Deal w/Failure	1	2	3	4	5

Describe how breathing impacts performance:

What are some ways you currently build confidence?

Describe how worries, doubts, and fears currently impact your performance:

What is your definition of pressure and describe how it currently effects your performance:

Describe Goal Setting and how you currently use it:

What percentage of your thoughts/self talk is currently positive _____% verses negative _____%?

Describe Performance Routines and how you currently use them:

Do you currently evaluate your performance? If so, describe your evaluation criteria (what you evaluate):

What do you hope to get out of 21 Hours to Mental Power?

Fill out the left hand side of the Grind Grid below. Then, using a stopwatch, time yourself to see how fast you can complete the Grind Grid in numerical order 00, 01, 02, 03... all the way to 99 crossing out each number as you find it. Then answer the questions below.



GRIND GRID

Date _____

Estimated time _____

Actual Time _____

Keys to success

Greatest Challenges

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94	10	02	30	56	50	60	06	57	55
01	75	21	31	03	51	61	71	81	91
20	12	45	62	42	15	32	72	82	92
41	13	23	33	43	53	63	09	83	93
04	14	24	64	44	54	34	74	48	00
05	52	25	35	22	90	65	11	85	95
70	16	26	36	46	40	66	76	86	96
07	17	27	77	47	80	67	37	97	87
08	88	28	38	84	58	68	78	18	98
73	19	29	69	49	59	39	79	89	99

Describe the experience:

What went well and what were some keys to success when you found a groove?

What if anything was frustrating and how did you feel/what did you say when frustrated?

What would you do differently next time to improve your speed in completing the grind grid?

What did you learn about you and your sport in doing this task?