



POST-EVALUATION

“Measurement = Motivation” – Brian Cain

Post 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 now know how to build confidence?

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

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

What have you learned about Goal Setting and how will you now use it:

What percentage of your thoughts/self talk will now be positive _____% verses negative _____%?

What have you learned about the importance of different kinds of routines and how will you now rely on them?

What did you learn about properly evaluating performance and how will you evaluate yourself now?

Did you get out of this program what you hoped you would? What were the most helpful topics?

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. 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 as compared to the very first time doing the Grind Grid:

What keys to success have you learned through practice and experience to complete the Grind Grid?

Is there any room for improvement in completing the Grind Grids?

Where in your routine can you add the Grind Grid in your Pregame Routine?

How has the Grind Grid practice improved your ability to concentrate in games?