

PLAYER DEVELOPMENT WORKSHEET: This will allow you to track your progress both on and off the field.
CHECK THE BOX WITH HONESTY, SELECT WHERE YOU LAND THE BEST BETWEEN THE TWO STATEMENTS.

When I make a mistake, it's HARD for me to let it go.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	When I make a mistake. it's EASY for me to let it go.
I ignore my small accomplishments in a practice or game.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I notice my small accomplishments in a practice or game.
When I've made a mistake, I can't see the other things I did right.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	When I've made a mistake, I can still see the other things I did right.
I don't appreciate my successes if someone else has preformed better.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I appreciate my successes even if someone else has preformed better.
My confidence automatically dives when I get criticized.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I do not overreact when I get criticized.
During games, I focus on things over which I have no control.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	During games, I don't focus on things outside of my control.
When I am competing, I can too easily get distracted.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	When I am competing, I stay in the moment.
During a game, I find myself worrying about what others are thinking.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	During a game, what others might be thinking does not interfere with my focus.
I can forget to have fun when playing in a game.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I remember to enjoy myself during competition.
I lose focus by dwelling on mistakes during games.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	Mistakes I've made don't take me out of the moment.
"Not feeling like it" can interfere with my preparation, practice, or performance.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	Whether I "feel like it" or not, I bring my best effort to all preparations, practices or games.
I need to be in a game or under pressure to play at my highest level.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I do my best, even in the absence of pressure.
At times, become satisfied with my performance and start coasting.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	Regardless of how I am playing, I'm all in all the time.
I find that my mind wanders when we are way ahead or way behind.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I stay focused regardless of the score.
When my energy level is down, I don't do anything about it.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	When my energy level is down, I deliberately try to raise it.
I don't usually think deeply about myself.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I work hard to know and develop myself as a person.
I don't like to think too much about my life.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I regularly spend time thinking about my actions, choices, and important relationships.
What I think of my talents, performance, and behaviors, does not match what others think.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	What I think of my talents, performance, and behaviors matches what other people think.
I often avoid people who may tell me things I don't want to hear.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I seek out people that give me honest feedback about my performance and behavior.
I haven't figured out yet what deep values should direct my life.	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I live by clear values that direct my actions as a player and person.