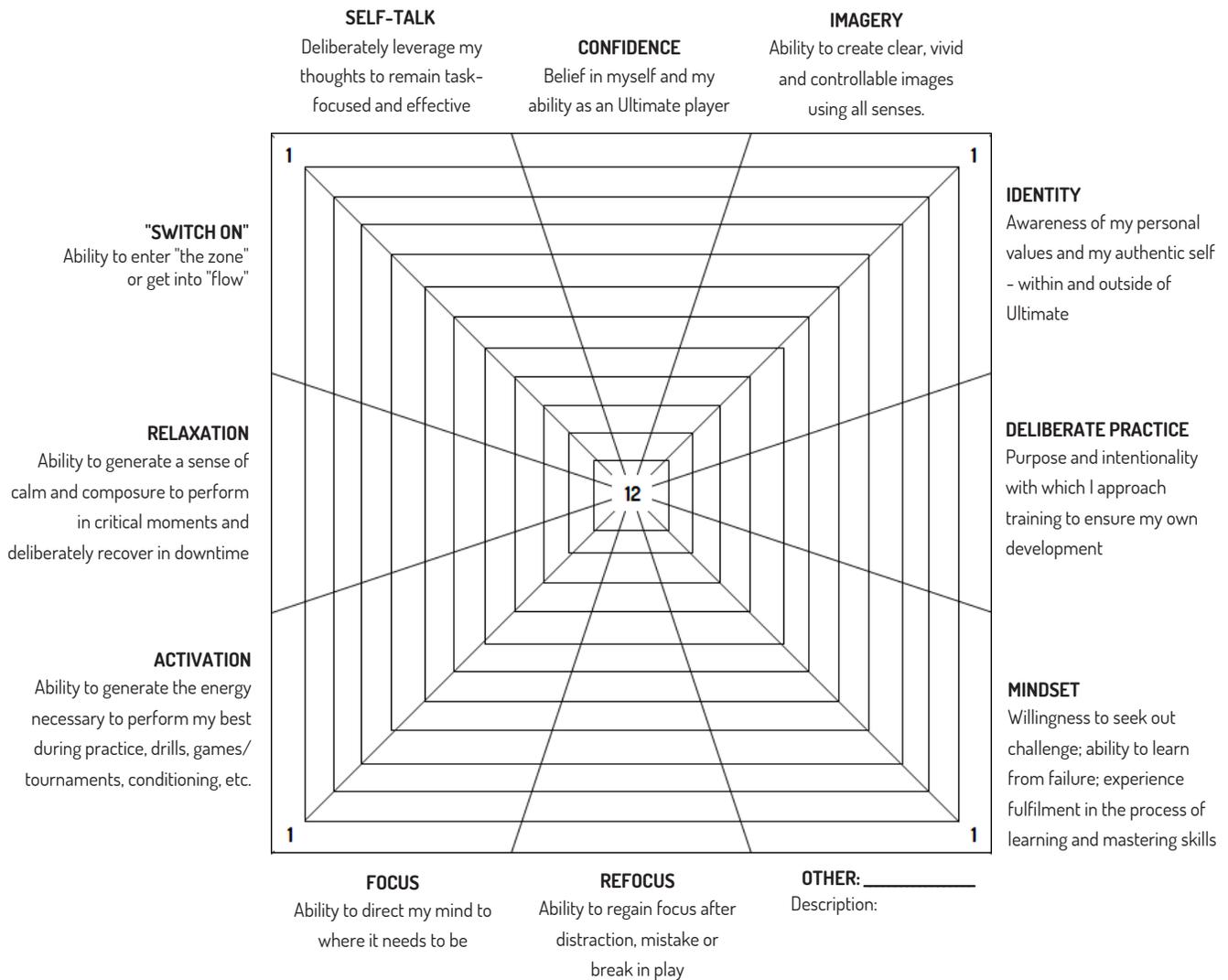


# PERFORMANCE PROFILE

## ASSESS YOUR MENTAL GAME

Rate yourself in each area from 1 (low) to 12 (high) considering both your skill level and your frequency of practice/use. Shade the web accordingly starting on the outside (1) and working your way in to the center (12). We work from the outside in on this worksheet because our initial gains in an area tend to be large, but as we work our way toward mastery, our gains often become incrementally smaller.



**HELPFUL TIP: GO WITH YOUR GUT ON RATING YOURSELF**  
 If you're still having a hard time in one category or another, try this scale:  
 1 = I'm really bad at that/I've never tried it  
 6 = I'm decent at that/I practice failry frequently  
 12 = I can do that in the toughest conditions/I practice that regularly