

MENTAL SKILLS SCOREBOARD

Mark E. Oakley & Ken Ravizza, 2013

DATE: _____

NAME: _____

Keeping a daily record of the mental skills you use during performance will help to identify areas needing improvement as well as giving yourself credit for what works. The Mental Skills Scoreboard is designed to help you to be accountable by setting specific goals for continued improvement with the application of mental skills. Considering your last competition or practice, rate how well you were able to do the following on a 0-10 scale. Describe what went well and how you could improve (use back of form if more space required):

- 1) **LEARNING FROM MISTAKES:** Did I learn from mistakes and make adjustments during performance that made a satisfying impact on my performance regarding that mistake? **Rating**_____

- 2) **SELF-TALK:** Was I able to identify thoughts that reduced my self confidence and then change these thoughts in a way that restored my confidence to perform optimally? **Rating**_____

- 3) **APPLIED RELAXATION:** Was I aware of “Yellow Lights”? **Rating**_____ Did I have the ability to reduce this pressure (e.g. taking a breath to slow things down) during performance so that it felt I had an optimal level of intensity to compete effectively (moving from a “red or yellow light” toward a “green light”)? **Rating**_____

- 4) **FOCUS:** Did I use techniques to focus after getting upset with a previous mistake or worrying about making it again ? **Rating**_____

- 5) **SETTING GOALS:** Did I set goals for performance today and reflect on how they were met after performance, keeping a log of these results ? **Rating**_____

- 6) **IMAGERY:** Did I spend time using imagery (mental rehearsal) to practice a skill that I was trying to improve? **Rating**_____

- 7) **COMMITMENT:** Did I use 100% of whatever I had to give that day? **Rating**_____

- 8) **QUALITY PRACTICE:** Did I approach practice in a way that captured the intensity and quality of what would be typical in competition? **Rating**_____