



Applied Mental Strength Training for Athletes

Name: _____

Date: _____

Identify the stresses your athlete experiences related to sports, school, and life.

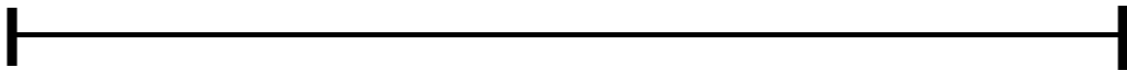
Identify the three most stressful events your athlete has experienced in athletics.

What typically triggers stress for your athlete during games or practices?

Identify coaches who have made your athlete want to elevate their game? What made them want to elevate their game?

Identify coaches who have been difficult for your athlete to play for? What made them difficult to play for?

What other sports do they play and what positions did/do they play?



0 Spilled Milk

100 Life
Threatening

Write Down 20 Stressors your athletes experience and Rate them 0 to 100.

5

0= Inconvenience

100= Life Threatening Problem

- | | |
|-----|-----|
| 1. | 11. |
| 2. | 12. |
| 3. | 13. |
| 4. | 14. |
| 5. | 15. |
| 6. | 16. |
| 7. | 17. |
| 8. | 18. |
| 9. | 19. |
| 10. | 20. |

Mark whether or not you are doing Fight, Flight or Assertive with these stressors.

List people that care about your athlete. These are family, friends, teammates, coaches, and teachers.

- | | |
|-----|-----|
| 1. | 17. |
| 2. | 18. |
| 3. | 19. |
| 4. | 20. |
| 5. | 21. |
| 6. | 22. |
| 7. | 23. |
| 8. | 24. |
| 9. | 25. |
| 10. | 26. |
| 11. | 27. |
| 12. | 28. |
| 13. | 29. |
| 14. | 30. |
| 15. | |
| 16. | |

List 3 General Reasons they care.

- 1.
- 2.
- 3.