



Applied Mental Strength Training for Athletes

Name: _____

Date: _____

Identify the stresses related to sports, school, and life that you currently experience.

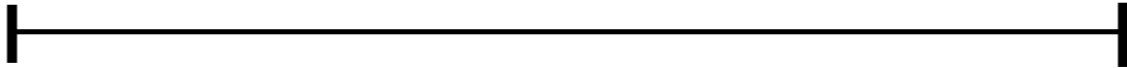
Identify the three most stressful events you have experienced in athletics.

What typically triggers stress for you during games or practices?

Identify coaches who have made you want to elevate your game? What made you want to elevate your game?

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

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



0 Spilled Milk

100 Life
Threatening

Write Down 20 Stressors 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 you. 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.