

MENTAL SKILLS X-CHECK

These statements are designed to help you give some structure to your mental skill review process. You don't get physically fit by accident. Likewise you won't get mentally stronger without working on it.

PUT YOUR SCORE OUT OF 100 IN EACH BOX.

INTENSITY		DECISION MAKING	
0	100	0	100
I was able to raise my intensity levels when I needed to and keep calm when I needed to.		I was clear how I wanted to act and how to adapt if others reacted differently to what I was expecting or what I was doing wasn't effective.	
I brought the right amount of focus to get the desired outcome.		My decisions were helped by feedback I received by others / myself.	
When I was feeling tired or not 100% I stayed on task and could still perform effectively.		Despite pressure I kept actively looking at what the best options to take were whilst still accomplishing the desired outcome.	
Total Score	/ 300	Total Score	/ 300
DIVERSIONS		EXECUTION	
0	100	0	100
I was not diverted by any events in the lead up to the situation.		I chose the best skill for the situation not the skill I am best at.	
I didn't let diversions (e.g. what other people were saying/doing) divert me from fulfilling the task.		The way I practiced my skills helped me execute under pressure and keep faith in my ability.	
If I made an error I didn't let it affect the quality of what I did next.		My skillset stood up under pressure.	
Total Score	/ 300	Total Score	/ 300

In terms of mental skills, what did I do well?	
In terms of mental skills, what could I do better?	
What am I going to do about it now?	

MENTAL SKILLS X-CHECK

The X Check concept can, without the detail of the questions, also help you adapt when in the moment.

Zoom out - what is the issue - red side or blue side? What needs to change?

INTENSITY	DECISION MAKING
0  100	0  100
DIVERSIONS	EXECUTION
0  100	0  100