Name	PDate
	The 7 Pillars Of Mental Excellence Worksheet 2.1
1)	Describe how strong you feel your commitment to excellence is right now. Do you feel a stronger commitment in other areas besides athletics?
2)	Describe your work ethic. Do you enjoy working hard? Or do you see hard work as getting in the way of things you really want?
3)	Describe your attitude towards competition and competitors.

4)	Rate you ability to focus or concentrate. Do you get easily distracted? What distracts you the most?
5)	How do you rate your self-confidence in the competitive arena? Do you like to make critical decisions or would you rather defer them to others?
6)	Name 3 things that you can control about your own performance. Name 3 things that you can't control about your own performance.
7)	What do you find "fun" about athletics?