

- 4) Rate your 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?