

# Triple-Impact Competitor Self-Assessment



To what extent are you a Triple-Impact Competitor? Assess yourself on each of the statements below using a 1-5 scale (1 = never, 2 = seldom, 3 = sometimes, 4 = often, 5 = always).

## MAKING MYSELF BETTER

- \_\_\_\_\_ 1. My coaches and teammates would say I give maximum effort in workouts, practices, and competitions.
- \_\_\_\_\_ 2. My coaches and teammates would say I have a teachable spirit. I accept feedback so I can learn and get better.
- \_\_\_\_\_ 3. I work hard on my mental game, using a variety of tools such as visualization, positive self-talk, and mistake rituals to allow me to move past failures quickly and refocus on the next play.
- \_\_\_\_\_ 4. I'm a "24-Hour Athlete" who manages diet, hydration, and sleep to optimize my performance on and off the field.

## MAKING TEAMMATES BETTER

- \_\_\_\_\_ 5. I'm on the lookout for leadership opportunities that help my team achieve its goals.
- \_\_\_\_\_ 6. My teammates would say I'm a positive teammate. I support my teammates by building them up. When I do criticize, I do it constructively and at the right time in the right way.
- \_\_\_\_\_ 7. My coaches and teammates would say I'm a team player who helps build strong team chemistry. My first priority is team success, and I adjust and accept my role to help my team.

## MAKING THE GAME BETTER

- \_\_\_\_\_ 8. I honor the game by respecting the rules, opponents, officials, teammates, and myself.
- \_\_\_\_\_ 9. I use my status and influence as an athlete to improve my school community.

*Adapted from "Elevating Your Game: Becoming a Triple-Impact Competitor®" by PCA Founder Jim Thompson*

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