

MENTAL SELF ASSESSMENT

The purpose of this assessment is to help you identify some of the areas that impact your performance. Please answer these questions honestly in order to get the most accurate feedback possible.

The following list contains concerns that are common to many golfers. Please rate each of the following on a 1-5 scale of how often each is a problem for you while playing golf:

	NOT OFTEN		VERY OFTEN		
Nervous over short putts	1	2	3	4	5
Lack confidence	1	2	3	4	5
Negative self-talk	1	2	3	4	5
Difficulty staying focused	1	2	3	4	5
Getting angry at self or others	1	2	3	4	5
Difficulty playing under pressure	1	2	3	4	5
Inconsistent pre-shot routine	1	2	3	4	5
Easily frustrated	1	2	3	4	5
Afraid to make mistakes	1	2	3	4	5
Easily discouraged	1	2	3	4	5
Tempo gets quick	1	2	3	4	5
"Blow up holes"	1	2	3	4	5
Racing heartbeat	1	2	3	4	5
Nervous playing in front of others	1	2	3	4	5
Difficulty letting go of bad shots	1	2	3	4	5
Racing thoughts	1	2	3	4	5
Fatigue	1	2	3	4	5
Overly focused on score	1	2	3	4	5
ADD SCORES TOGETHER:					

0-36

Congratulations!
You likely have good mental, emotional and physiological skills that you use on the golf course. Keep up the good work!

37-51

You probably do well most of the time but may struggle occasionally with negative thoughts and feelings. You would likely benefit from some fine tuning of your mental, emotional and/or physiological skills.

52-68

You are very aware of your emotional, mental and physiological habits and would greatly benefit from working with a performance specialist.

69+

Your habits on the golf course are significantly interfering with your performance and enjoyment of the game. You are strongly advised to seek help from a performance specialist.