



## Athlete Self-Evaluation Tool Developing Self-Awareness

**Self-Awareness:** As a competitive athlete, it is important to be able to reflect on your personal abilities. In order to improve your performance, you must be aware of exactly what aspects of your performance that need improvement. What are your strengths and what are your weaknesses? As you grow in self awareness, you will better understand why you feel, what you feel, and why you behave as you behave. That understanding then gives you the opportunity and freedom to change those things you'd like to change about yourself in order to achieve your potential in sport.

Use the following worksheet to identify 3-5 weaknesses in each area of your development as an athlete. Be honest with yourself!

**Physical** (ie: fitness, upper body strength, core strength, flexibility, agility, balance, nutrition, etc)

**Technical** (ie: skills, specific techniques, etc)

**Tactical** (ie: strategies, specific aspects of performance/ race, etc)

**Mental** (ie: focus, confidence, attitude, fear, nervousness, etc)

Physical Strengths	Physical Weaknesses
Technical Strengths	Technical Weaknesses
Tactical Strengths	Tactical Weaknesses

Mental Strengths

Mental Weaknesses