



# PEAK PERFORMANCE SPORTS

## MENTAL TRAINING FOR A COMPETITIVE EDGE

### Tennis Mental Game Assessment

#### Can Mental Coaching for Tennis Help Your Game?

*Directions: Check off all statements that apply to your situation.*

- You do not have well-defined goals or goal specificity in tennis. You lack direction.
- You perform better in practice points or matches than during a competitive match.
- You are so self-conscious; you worry about what others think about your performance.
- You maintain many self-doubts about your ability to perform well before or during matches.
- You worry about letting others down by not performing up to others' expectations.
- You are too self-conscious and worried about how others may perceive you.
- You suffer from anxiety, worry, or excess tension during matches.
- Pre-match jitters do not go away after the first game of the first set in the match.
- You are motivated by fear of failure and it affects your game in competition.
- You have a fear of success and sabotage yourself when you have the lead in a match.
- You are not sure why you play tennis or let others be your source of motivation.
- You are motivated by external rewards, accolades, recognition, or praise.
- You judge yourself (or self-worth) based on how well you perform in tennis.
- You lose focus or have mental lapses during critical times of the match.
- Your prematch or prepoint routines are not well defined or lack mental focus.
- You go through the motions physically without mental focus or intensity.
- You are not excited enough or are too excited to perform your best in competition.
- Off-court things that happen around you distract you during matches.
- You have doubts or negative thoughts before, during, or after matches.
- Post-injury you cannot perform the way you did pre-injury even when 100% physically.
- When performing well you may sabotage your performance with a comfort zone (protect your lead) when you have a chance to win.
- You become easily frustrated because of high expectations.
- You cannot perform with freedom or trust in times of adversity or important points.
- You work on stroke technique or attempt to improve your strokes even when competing.
- You do not concentrate in the here and now or focus only on one point at a time.
- You think too much about consequences of your performance, good or bad.
- You overanalyze mistakes (technique) and thus think too much about how to improve.
- You suffer from low self-confidence or self-doubt.
- You limit your performance with negative self-labels such as "I am a choker."
- You have trouble forgetting or letting go of bad past performances.
- Your anger or frustration gets in the way of performing your best.
- You are frequently disappointed with your performance and wish it was better.
- You have a burning desire to be the best in tennis or just want to know how to improve your mental game.

If you checked two or more of the boxes above, you might consider mental coaching. One of our certified mental coached meets with you to discuss how to improve your mental skills for tennis and get the mental advantage. Find out more about one-on-one mental coaching programs for tennis by calling 888-742-7225 or online at [Peaksports.com](http://Peaksports.com).