



## **Hockey Index™**

### Sample Report

Platform Taken On: PC

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Assessment Duration: 9 Minutes

**Well-Run Concepts Inc.**  
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## Welcome to YOUR Hockey Profile:

You are a unique individual and many aspects make up your “personality”. The foundation of **YOU** in your hockey role is made up of your values of yourself and the world around you. In this hockey profile we look specifically at your understanding and feelings about the hockey world around you (The Hockey World View) and yourself (Hockey Self View) from a hockey perspective. Together this will show **YOU** insights into **WHY** you do the things you do in hockey, **HOW** you go about doing them and **WHAT** you can do when you are fully engaged in playing hockey.

**HOCKEY WORLD VIEW:** This measures how much you understand and how you feel about the external world around you from a hockey perspective. Do you understand your teammates, coaches and trainers, and do you tend to over-value these relationships, treat them situationally or manipulate them to get what you want? Do you know how to get things done as a hockey player? Do you understand the value of following the game plan and rules, and do you rely heavily on it or are you a maverick?

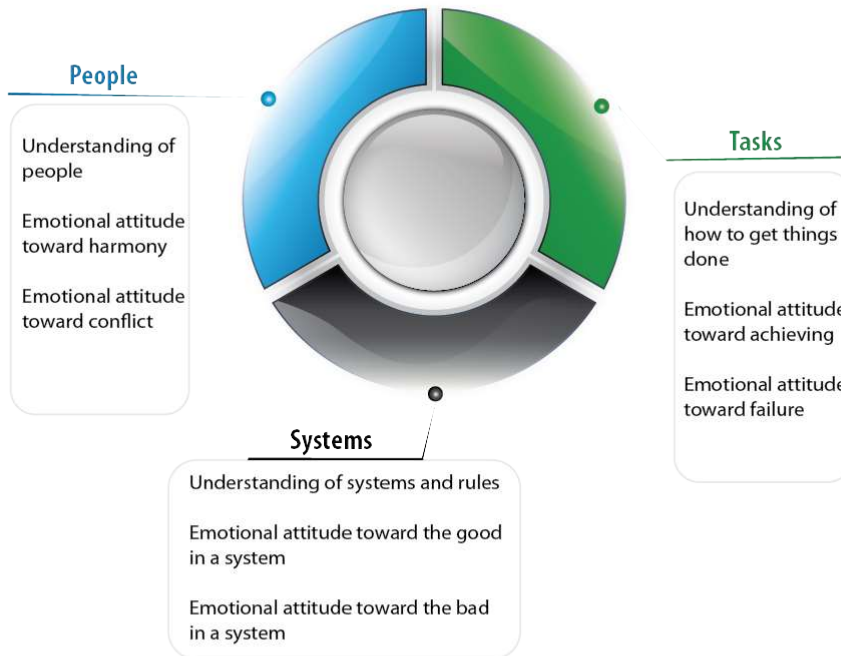
**HOCKEY SELF VIEW:** This measures how much you understand and how you feel about yourself. Do you understand where you have come from, where you are in your hockey position and where you are going in your hockey career? How do you feel about your potential to grow and develop, your current role on the team and your direction toward the future? Are you focused on the past, the present or the future and how does that affect you today as a hockey player?

**COMBINED ATTRIBUTES:** These attributes are measured by combining your Hockey World View and Self View to get a complete picture of **YOU** from a hockey perspective.

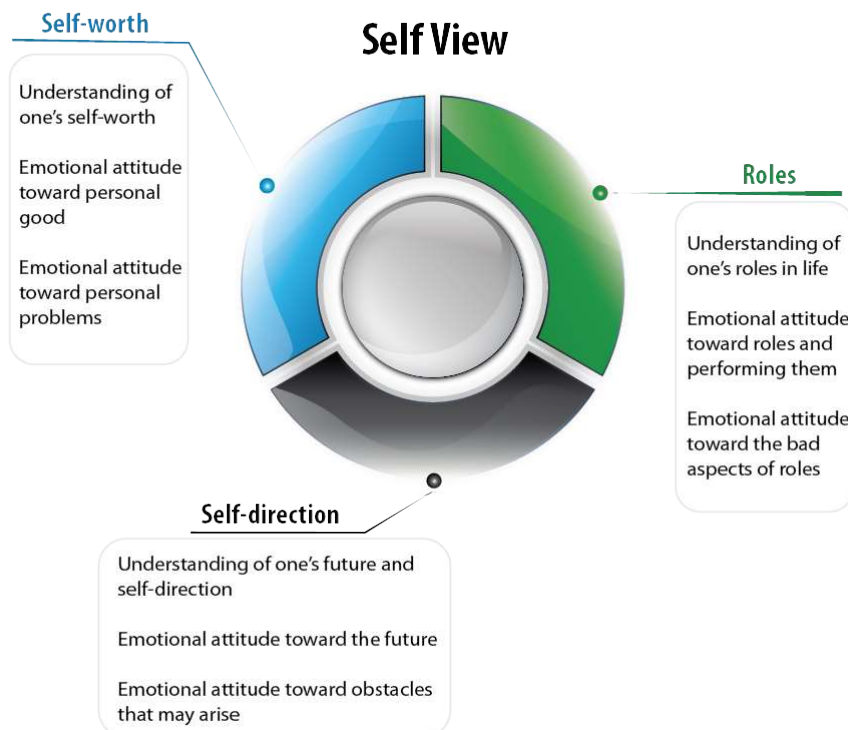


## 6 Cognitive Dimensions 12 Emotional Intelligence Factors

### World View



### Self View



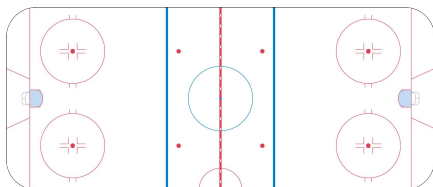
Attribute		Reliability : 0.924 : 0.796	Score
<b>Hockey Game View</b>			
	1. Understanding what it takes to win in Hockey:		8.1
	2. Emotional Game Control:		8.6
Team	3. Understanding Teammates and Coaches:		9.0
	4. Interpersonal Harmony:	Under-Valued	
	5. Interpersonal Conflict:	Over-Valued	
Mechanics	6. Understanding Player Performance:		7.2
	7. Attitude toward Team Success:	Neutral	
	8. Attitude toward Team Challenges and Problems:	Under-Valued	
Rules	9. Understanding Discipline, Rules, & the Game Plan:		8.2
	10. Attitude toward Coaching and Respect for Authority:	Over-Valued	
	11. Attitude toward Breakdowns:	Neutral	

<b>Hockey Self View</b>			
	12. Motivation to DO what it takes to win:		6.5
	13. Emotional Self Control:		5.5
My Self	14. Intuitive Awareness of Self Worth:		6.2
	15. Insight into Personal Hockey Potential:	Neutral	
	16. Attitude toward Personal Hockey Problems:	Neutral	
My Roles	17. My Hockey Role, Position & Performance:		7.6
	18. Attitude Toward Playing Big:	Under-Valued	
	19. Attitude toward Performance Problems:	Under-Valued	
My Future	20. Maintaining a Winning Mindset:		5.8
	21. Mental Toughness & Drive to Win:	Neutral	
	22. Attitude Toward Personal Setbacks:	Over-Valued	

Attribute	Reliability : 0.924 : 0.796	Score
<b>SOFT SKILLS</b>		
23. Coachability:		7.0
24. Competitive Fire:		6.7
25. Intuition:		8.6
26. Concentration:		8.6
27. Decision-making Ability:		7.3
28. Focus:		8.5
29. Game Intelligence:		8.1
30. Mental Toughness:		7.1
31. Mindset:		7.4
32. Self-confidence:		7.1
33. Self-discipline:		6.6
34. Self-knowledge		6.6
35. Self-motivation/Desire		5.6
36. Team Player:		7.0

Attribute	Reliability : 0.924 : 0.796	Score
<b>SCORES FROM HIGHEST TO LOWEST</b>		
Understanding Teammates and Coaches:		9.0
Concentration:		8.6
Emotional Game Control:		8.6
Intuition:		8.6
Focus:		8.5
Understanding Discipline, Rules, & the Game Plan:		8.2
Game Intelligence:		8.1
Understanding what it takes to win in Hockey:		8.1
My Hockey Role, Position & Performance:		7.6
Mindset:		7.4
Decision-making Ability:		7.3
Understanding Player Performance:		7.2
Mental Toughness:		7.1
Self-confidence:		7.1
Coachability:		7.0
Team Player:		7.0
Competitive Fire:		6.7
Self-discipline:		6.6
Self-knowledge		6.6
Motivation to DO what it takes to win:		6.5
Intuitive Awareness of Self Worth:		6.2
Maintaining a Winning Mindset:		5.8
Self-motivation/Desire		5.6
Emotional Self Control:		5.5

## Hockey Game View



This measures how much you understand and how you feel about the external world around you from a hockey perspective. Do you understand your teammates, coaches and trainers, and do you tend to over-value these relationships, treat them situationally or manipulate them to get what you want? Do you know how to get things done as a hockey player? Do you understand the value of following the game plan and rules, and do you rely heavily on it or are you a maverick?

### 1. Understanding what it takes to win in Hockey:

How well do you understand the demands of hockey and the demands of the position you play?



This is the first of two hugely important scores to your hockey career. This is the “Outside of You” score – a sum of all the elements presented in Part 1 of this report. It tells you how well you understand what is needed for you to succeed in hockey. It is a general measure of your ability to see what is happening on the ice and identify and accurately judge what’s really important. This score reveals how well you understand what the game of hockey is actually all about.

**High scores** indicate a clear and definite understanding of hockey, and knowing what it takes to win. You pick up the “little details” that make a big difference in the outcome of the game. This gives you a big advantage over most players. You see things they don’t see, and you pay attention to the things that actually are the most valuable!

### 2. Emotional Game Control:

How well do you maintain emotional control under stress during a hockey game?



When the pressure is on and the game is on the line, can you keep your head clear and make good decisions, or do you get rattled and experience the game “speeding up” on you? The higher your score, the more in the “zone” you are.

**High scores** indicate you generally stay calm, cool and collected when the heat is on. You’re likely seen as a “Gamer Type” player your team wants to have on the ice when the game is on the line. One note of caution: your score also suggests you may not consistently or appropriately vent your feelings, preferring instead to keep them inside. Be on the lookout for that. Perhaps do some journaling about your feelings to see for yourself what’s going on inside you.

### 3. Understanding Teammates and Coaches:

How well do you understand the roles and importance of teammates, officials, trainers and coaches?



This score measures your mental clarity regarding the importance of other players in any hockey team effort and how players, coaches and trainers interface to make the game of hockey. Of course you know they're all important, but players differ in the value they place on teammates, coaches and trainers. This has a huge impact on what you choose to do and how you play. It also affects how your teammates relate to you. Do you give them positive energy or do you take it away? This is something they pick up from you but are unlikely to tell you.

**High scores** indicate you understand and value the contributions of others. You get how important others are to the team and your success. Your tendency is to be sensitive to and supportive of other players and their position or role in the game. This makes you a good teammate – you contribute to the positive “vibes” of the team.

**Note:** The next 2 attributes (with percentage scores) are relative to the value of the attribute score above (with the 10 point scale). If the number **above is in the high range**, then the attributes below are **less significant** and become more tendencies (or situational attributes) as your score above approaches a 10.



#### 4. Interpersonal Harmony:

How well do you get along with your coaches and teammates?



This score measures your attitude toward effective, positive relationships with other game participants. It shows how engaged you are with your teammates, how well you get along with them, and how aware you are of the importance of having good relationships. In short, what kind of a teammate are you?

A strongly **under-valued** or negative attitude indicates varying degrees of independence or emotional distance from other players, passive engagement, and in some cases, fear, reluctance or resistance to working closely with coaches and teammates.

If you have a high score in Understanding Teammates and Coaches (#3, above), your negative score here isn't a big deal. You may currently be overly focused on results and/or feeling pressured or stressed.

If you have a low score in Understanding Teammates and Coaches (#3, above), it's unlikely you're a great teammate. You tend to under-estimate the abilities of other players, take them for granted, ignore or disrespect them. You may undervalue their strengths, abilities and potential contributions and have an attitude like, "I don't need my coach or teammates telling me what to do." You likely don't get very "personal" with teammates. Perhaps you may have been hurt by someone close to you and fear taking the risk again. On the other hand, many professionals choose to keep an emotional distance from teammates purposely, to better maintain objectivity and control. Ask some people about how they view you as a teammate. Consider getting some coaching on how to be a better teammate.

## 5. Interpersonal Conflict:

How do you handle it when teammates make mistakes or disagree with you?



Get a team of guys together doing something they are passionate about and there WILL be conflict. This score measures your attitude toward conflict with other players. Are you aggressive or passive toward a teammate when he does something you don't like or makes a mistake on or off the ice? This score reveals how you are most likely to handle it.

A strongly **over-valued** or positive attitude reflects players and coaches who exaggerate the weaknesses and faults in others. You tend to over-react when they make mistakes, lack discipline, get injured, cheat, or choke under pressure. You make these actions even worse than they really are and deal with them pretty aggressively. You may habitually blame others for losses. You're very hard on your teammates, judging them harshly. All this negative energy holds back your progress in hockey and makes you unpopular with teammates. Lighten up!

## 6. Understanding Player Performance:

How well do you grasp the "cause and effect" aspects of hockey?



Do you see and understand what actions must be taken to win? This score reveals your mental grasp of tangible, observable hockey game realities, like what causes what, and what do you physically have to do to succeed. We're talking about the visible mechanics and execution of hockey. If you were a robot and your coach could program you to make the "smart" hockey choices, how would he program you to do these things? The higher your score, the better "programmed" you are for these smart hockey choices.

**High scores** indicate you know what to do and when to do it in any given hockey situation. You "get it" and see the "Outside of You" game much like a wise old coach sees it. You powerfully focus your energy on the strategic and technical aspects of winning hockey games.

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## 7. Attitude toward Team Success:

How well do you thrive in a hockey team setting? How much energy do you put toward team success?



Do you bring a “winning spirit” to your team or do you focus more on errors and mistakes? Hockey has many routines and rituals. Each team has its own “norms” and rhythms. This score reflects your attitude toward conforming to those routines and norms. It shows how you relate to your team’s success and failure. It indicates the degree to which you are engaged in the flow of the game from a team standpoint. Are you “all in” and a positive contributor to team chemistry? Or do you drain energy from the team?

A **neutral** or balanced attitude shows you are a good, solid teammate. You “play well with others.” You’re fair and value sportsmanship. You don’t over- or under-value the potential of the team, nor are you overly depend on it for your well-being. This is a healthy place to be, although a team full of players with this attitude is unlikely to surprise people by playing better than expected.

## 8. Attitude toward Team Challenges and Problems:

What is your response to your teammates when “bad” things happen?



This score reflects your attitude and response to the many setbacks and problems a hockey team experiences. It shows how you relate to your teammates during failure and adversity.

A strongly **under-valued** or negative attitude shows you “under-value” the “bad” things that happen in games or that your teammates do. In other words, you judge “bad” things that happen in a game as less bad than they really are. You accept conflicts and problems more than you should. This could mean you are currently not actively involved in the game – as if you are not a regular and feel you do not contribute to any team failure. If you are playing, this indicates an acceptance of your team’s or your own poor performance or hockey situational problems. In your mind, ugly plays, missed checks, losses, injuries, caused a goal, and other “bad” things are all part of the game and are to be accepted as such. While they are part of the game, you don’t care enough about them to be a champion level teammate.

Combined with a high clarity score in Understanding Player Performance (#6 above), this could mean you prefer to avoid conflict situations. If your attitude is overvalued in the score above (#7), and undervalued here, this is a strong indication you exhibit a “play to win” versus a “play to avoid losing” attitude. You focus on playing the game well and right, and are willing to take risks to win, versus a mistake-avoidance (no-risk) focus.

Combined with a low clarity score in Understanding Player Performance (#6 above) and an undervalued score above (#7), this shows you may distance yourself from the team in a game. Perhaps you just don’t want to be emotionally connected with the team or perhaps you can’t because doing so would be overwhelming to you emotionally. You might make errors that cost the whole team. You may or may not be a big drain on the team’s energy, but you most likely are not helping it.

## 9. Understanding Discipline, Rules, & the Game Plan:

How well do you understand the discipline and demands of hockey?



This dimension is about “what’s what” in hockey in terms of how the game is organized: the rules, the techniques, the strategies and the purpose for each. It involves the standards, principles, organization, policies, rules, and all elements establishing discipline, structure, and order.

**High scores** indicate you get it. You’re dedicated to high standards and principles, game knowledge, and clear understanding of game rules, purpose and routines. As a result you likely have positive, productive relationships with authority figures, such as coaches, trainers and leaders. br>

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## 10. Attitude toward Coaching and Respect for Authority:

How cooperative and respectful are you toward coaches, official decisions and game or team rules?



This score measures your attitude toward the benefits of respecting and obeying authority. Do you think it’s helpful to be “coachable,” respectful of officials, and do what your trainers tell you to do?

A strongly **over-valued** or positive attitude shows you are likely “over the top” with respect for authority. You “over-value” obedience to the point where you give away too much of your power to coaches and other leaders. You’re likely fiercely loyal, conforming, and overly reliant on the rules coaches and team leaders set. This attitude indicates you have intense devotion and dedication to high game standards and principles, and even if you disagree, you will respect official rulings and go along with them. You may be rigid and perfectionistic about adhering to rules and routines, feeling discomfort when “order” is not present. It’s of course necessary for players to follow rules for a team to be successful, but you’re a bit stiff about it.

## 11. Attitude toward Breakdowns:

How do you respond when decisions are made with which you disagree?



Is it important to be organized and structured? This score measures your attitude toward disorganization and lack of structure. It also shows your attitude toward disorganization and deficiencies in game systems, rules and planning. How do you feel when the structure of the game, decisions, or the team breaks down?

A **neutral** or balanced attitude indicates you have a healthy, objective and realistic outlook on breakdowns and systems deficiencies in the game and on the team. You know you and your teammates may occasionally experience a loss of mental focus or make a bad decision. You get that bad calls against your team will be made at times. You know these aren't good things and you spend about the right amount of energy focusing on them. You don't over or under-react to them.

## Hockey Self View



This measures how much you understand and how you feel about yourself. Do you understand where you have come from, where you are in your hockey position and where you are going in your hockey career? How do you feel about your potential to grow and develop, your current role on the team and your direction toward the future? Are you focused on the past, the present or the future and how does that affect you today as a hockey player?

### 12. Motivation to DO what it takes to win:

How willing and able are you to DO what it takes to win in hockey?



This is the second of the two most important scores in this report. It's your summary score for the part of hockey that is happening "Inside of You." The higher your score, the better your motivation, confidence, mental toughness and self-esteem. The higher your score the more skilled you are at managing the emotions that come with the ups and downs of hockey. The higher your score the more clearly you can see yourself succeeding. The lower your score, the more you are getting in your own way. Your way of thinking and seeing yourself in the game is putting up internal road blocks and those blocks are keeping your talent from showing up on the ice. If you have dreams of playing at higher levels, a strong score here is vital.

**Moderate scores** indicate you have reached a relatively clear level of self understanding and appreciation concerning yourself in hockey. Your confidence, emotional control, sense of self-worth, and motivation are good... and there's room for improvement. Scores #13 through #22 will give you specific areas to work on to improve your "Inside of You" game score.

### 13. Emotional Self Control:

How well do you handle and respond to hockey or game stressors that directly affect you?



This is a measure of how well you handle the stresses of everyday life as a hockey player. If you have emotional self-control you have the ability to keep your emotions well organized and under control when confronted with personal or hockey game problems. Do you respond to problems in a calm, rational manner?

**Low scores** indicate You may not possess good coping skills. You tend to be easily upset and overcome by stress to the extent of becoming emotionally reactive; you may openly show irritability, frustration or anger, and lose your grip on how to make sound, objective, rational decisions. Your score suggests you may be a “hot head” or overly sensitive (your feelings get hurt too easily).

### 14. Intuitive Awareness of Self Worth:

How well do you understand the value you bring to hockey as a unique individual – apart from your stats?



This score measures your sense of self-worth – a hugely important factor in your hockey success and enjoyment. When players have a low sense of self-worth, that is, when they don’t think highly of themselves as people apart from their hockey performance, they put enormous pressure on themselves to succeed. They link their results on the ice to their value as a person. Since failure is such a normal part of hockey, they tend to feel bad about themselves much of the time. They live in fear of failure. Fear causes tension and distraction which lead to bad performance: They attract the very thing they fear.

A high sense of self-worth means you know you’re a good person even when you fail on the ice frees you to play great because you aren’t afraid to fail. It gives you a feeling of “connectedness” with the world of hockey, and a huge advantage over most players.

**Moderate scores** indicate you have a relatively clear awareness of your unique individual self (who you are). You have a pretty good sense of who you really are and don’t see a hockey game as a “life or death” crisis. You may, though, feel your value as a person rides a little too much on your hockey performance. You feel somewhat “at home” on the ice, but some fear and doubt creep in which keeps you from being totally free to play to your potential.

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### 15. Insight into Personal Hockey Potential:

Do you have the inner drive to improve and get better as a hockey player?



How bad do you want it? This score reflects your inner drive to achieve your potential. It tells you, at the subconscious level, the degree to which you desire to tap into your hockey potential and bring it into reality. It is a measure of the quality of your internal motivation.

A **neutral** score indicates you have a healthy, objective view of the actual potential you have. You have a fairly clear understanding of your strengths and weaknesses, especially if you have a high score in Intuitive Awareness of Self Worth (#14 above). You are in the process of developing more of your potential, but you have not fully arrived yet. You may occasionally demonstrate varying degrees of self satisfaction, especially after making a great play, or winning a tough game. There are times when your faith in yourself is strong and unshakeable, and at other times, you may question your current level of development, and feel a strong desire to further improve.

### 16. Attitude toward Personal Hockey Problems:

What is your attitude about personal problems or barriers to hockey excellence?



This score reflects your attitude toward personal problems or obstacles that may stand in your way to achieving higher levels of success in hockey.

A **neutral** or balanced score indicates an objective and realistic awareness of any personal problems or shortcomings you may have, and the likelihood you are doing what you can to overcome these problems.

## 17. My Hockey Role, Position & Performance:

Do you feel your talents are being fully utilized within the demands of your current position on the team? Are you “all in” with the team and your role on it? Are you and your team a good fit?



This score measures your ability to be at peace with your roles as a hockey player both on and off the ice. It indicates the degree to which you are getting personal fulfillment from your position in the game of hockey as well as your sense that you’re at the right position for you. A high score suggests strong identification with your role on the team.

**High scores** indicate strong identification with your hockey game position and indicate you are not experiencing position or role conflict. You likely feel at home in the position you are playing and the team role you have and you don’t spend time wishing your position on the team (or ice) was different. This helps you stay “present” focused during practice and games with your energy focused on your hockey role.

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## 18. Attitude Toward Playing Big:

Do you go “all-out” when you play your game?



This score reflects your attitude toward your success in hockey. Are you playing at your best? It also measures the degree to which you enjoy your position on the team, as well as your other responsibilities -the more positive your attitude, the bigger you're likely to play.

A strongly **under-valued** or negative score indicates something is “off.” You're likely not happy with your role or your team. You don't find it fulfilling and this restricts you from playing big.

Combined with a high clarity score in Hockey Role, Position & Performance, (#17 above), a negative score here is less significant, and indicates you may feel your current position or team affiliation does not offer many challenges or opportunities. You may be in transition or between teams. In other words, your low score means something is off in your current situation (e.g. you don't like your coach or your teammates, or you have a physical issue holding you back), but you may see yourself playing free of those problems in the near future.

Combined with a low score in Hockey Role, Position & Performance, (#17 above), you may have a hockey related injury or health issues, such as not being able to fully apply your talents and further develop your potential, which can produce an attitude of lower self-confidence and motivation. You may not be very team-oriented, you may judge your performance as not showing up, and you may have a hard time improving your performance due to your passive engagement. You lack the commitment it takes to play big, and you actually take an emotional distance from discipline and game preparation activities and your responsibility to maintain your own fitness and game readiness.

### 19. Attitude toward Performance Problems:

How do you respond when problems arise or things go wrong because of your own poor performance?



This score reflects your attitude toward problems in your own performance, training habits, work ethic and game readiness and participation.

An **under-valued** score reflects you do not see many, if any, problems or obstacles to maintaining game readiness. You lead a strong, healthy, athletic life. You are proud of your hockey performance and believe you have good training and practice habits. You feel you're doing the very best you can. You always find a way to handle the demands of your position.

### 20. Maintaining a Winning Mindset:

How mentally strong and reliable are you, and how well do you maintain mental composure?



This score is about your mental composure, even when faced with adversity— do you keep a winning mindset? Do you have the mental mindset and commitment to the planning and discipline necessary to create a clearly defined, successful present and future in hockey? Or do you let mind-traps or mental blocks rattle your composure?

**Moderate scores** indicate you have a moderately developed winning mindset and a moderate level of discipline and commitment necessary to forge ahead and make your dream a reality. You want to win, but you likely know a few players who have greater mental composure and seem to have a stronger focus on winning than you do.

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## 21. Mental Toughness & Drive to Win:

How Strong is your Positive Mindset?



This score measures the quality of your desire for success in hockey (the fire in your belly) and the persistence you have to win a game and make your dream come true. Your score reflects the degree of mental toughness and tenacity you have to reach your hockey performance goals and aspirations. This score is about the discipline, persistence and determination to win and maintaining a positive, winning mindset even in the face of great adversity.

A **neutral** or balanced score indicates you are realistic about your mental toughness, drive, and persistence. There are times when you play all-out, no matter what, and other times when your mind may not be as quick as you would like, or you have difficulty stopping your negative thoughts and getting back into the “winning” zone. You may not feel your team can always count on you to come through, although there are times when you do. A neutral score here also means you are coachable and open to performance improvement suggestions. It may also imply that you are much more focused on improving specific mechanics of your game instead of focusing on developing more mental toughness. Becoming mentally tougher may help you improve your game at all levels.

## 22. Attitude Toward Personal Setbacks:

How do you handle adversity, failure and disappointing outcomes?



Hockey is a game of adversity. If you haven't failed in a game recently you'll fail very soon! To succeed in hockey you must be able to avoid making mistakes and bounce back quickly when "bad" things happen. This score indicates your attitude towards barriers, difficulties and "dead-ends" or loss of direction on the road to success in hockey and life.

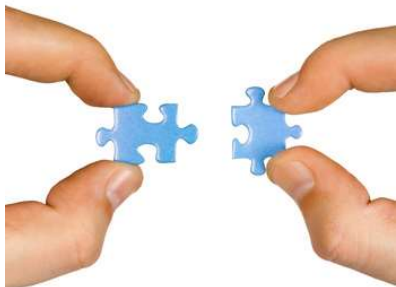
An **over-valued** score indicates you may feel it is very difficult to get ahead or reach higher levels of success. You may have unrealistic expectations that are not being fulfilled, or you may dwell on mistakes you have made in the past.

Combined with a high clarity score in Maintaining a Winning Mindset, this attitude becomes less significant; any problems you may be experiencing in this area are likely inherent in your current hockey position or with your current team, and should be temporary or situational; you know what to do, and should be able to resolve them quickly and move ahead.

Combined with a low clarity score in Maintaining a Winning Mindset, you may feel a loss of control and power over your destiny, making it difficult to overcome the problems and barriers (which are magnified in your mind) standing in the way of your hockey success. This could be the result of sustaining an injury that removes you from active game play. You may be passively engaged, or have the tendency to dwell on past mistakes or recent poor performance. This indicates that you are pre-occupied with personal setbacks – you are falling into negative mind-traps by focusing on what you should avoid as opposed to what you should be doing to succeed. This can put you in a slump. You need to practice training your mind to focus on the positive vs. the negative, by setting realistic, positive goals with your coach or trainer, and embracing the discipline demands of the game.



## Combined View



These attributes are measured by combining your Hockey World View and Self View to get a complete picture of YOU from a hockey perspective.

### 23. Coachability:

How effectively do you take instruction from authority figures?



This score measures your willingness to allow other individuals to help you improve your game.

A **high score** indicates a strong internal motivation for self-improvement. You have an intense desire to learn and do more to better utilize and further develop your athletic potential. You don't believe you know it all, and tend to have a receptive, cooperative attitude toward authority figures like coaches and trainers. You are open and willing to take directives and criticism, even asking for (and taking) advice on how to most effectively improve your performance. One word of caution: be on the lookout for being "too" coachable. You get the most out of your talent by playing freely and authentically, not by trying to please others.

### 24. Competitive Fire:

How strong is your desire to compete and win?



This attitude score measures your drive to go all out and to compete against others – and yourself.

A **moderate score** indicates that at times you feel fully engaged in playing to win and go all out to succeed and at other times you may feel somewhat out of sync with the flow of the game. Competing hard and winning are important to you, but not always your top priority during play.



## 25. Intuition:

How well can you “feel into the play” and make intuitive, “gut” decisions that turn out well?



Great players like Sydney Crosby have a “6th sense” that enables them to anticipate what’s going to happen next. That’s called “intuition.” This score reveals your capacity to correctly sense the most important aspects of what’s going on in the game and take the right actions despite not having all the facts. For example, you can “guess” what play the opposing player is going to do before they actually do it.

**High scores** imply that you can make accurate intuitive decisions. You have a strong 6th sense for the game. This tends to put you almost magically in the right place at the right time.

## 26. Concentration:

How well do you maintain focus throughout the game?



Top players say their ability to concentrate is what allow them to consistently play at a high level and put up big stats. Your concentration score tells you how powerfully you can focus your energy and attention.

A **high score** indicates you are not easily distracted; you work and play with intensity – you do not like to be disturbed or interrupted.

## 27. Decision-making Ability:

Do you generally see situations clearly enough to allow you to make good decisions?



You make decisions throughout the day, on and off the ice. Your “decision-making ability” score tells you the degree to which you can consistently make sound, timely decisions on and off the ice.

A **high score** indicates the absence of problems that could interfere with excellence in your hockey game decision-making. A high score indicates you tend to make consistently appropriate, productive, efficient and effective decisions which lead to good results and game success.

## 28. Focus:

How well do you maintain concentration on what's most important throughout the game?



This is a measure of your ability to focus full attention on the task(s) at hand in spite of all distractions, both external and internal.

A **high score** indicates you are able to keep your attention on what's most important on a moment-to-moment basis. You are not easily distracted. You work and play with consistency and intensity, and you don't like to be disturbed or interrupted. You clearly understand and value the game variables that lead to success and failure. In other words, you know what to do and when to do it. You are fully engaged and targeted in the right direction at the right time.

## 29. Game Intelligence:

How well do you really understand what contributes to winning?



At every moment of every game there are countless things you **COULD** pay attention to. "Game intelligence" is a general measure of your ability to distinguish between what's important to pay attention to and what's not. The higher your score the better able you are to identify and pay attention to the things that contribute most to success. The lower your score the more ineffectively you spend your mental energy. This summary score particularly emphasizes three parts of your game:

1. How you value and relate to your teammates and coaches
2. How you value and relate to the technical or mechanical aspects of your game (skill execution)
3. How well you see the "Big Picture" of how all of the pieces of the game fit together (game design and strategy)

A **high score** indicates a clear and definite understanding of the game: You know what **REALLY** helps you and your team be successful and you spend your energy on those high leverage actions. You are able to effectively balance your energy between your teammates, skill execution and the big picture strategy for winning. You have a deep, purposeful relationship with the game and likely have a great deal of passion and respect for it. This helps you maintain a high-level, coach-like focus throughout the competition.

### 30. Mental Toughness:

Are you mentally tough? When you fail or when the game is on the line, do you play better or do you play worse?



This score measures your ability to bounce back from failure or set-backs, to “Play Big” under pressure, and to tenaciously pursue your goals with an attitude of continuous improvement regardless of what adversity comes your way.

A **high score** indicates you have a deep-down sense you are a good player and work toward your goals with high energy and drive. You have the discipline, determination and persistence to win and maintain a winning attitude. You are totally committed to your game, with full, active engagement. You are highly resilient, adapt well to changes, and see no real obstacles to your success. You make few mistakes, but handle setbacks and losses well. As a result you are able to bounce back quickly from adversity and are a good performer in the clutch.

### 31. Mindset:

Are you ready and able to focus on Playing Big? How consistently do you make good decisions without interference from your emotions?



Mindset is an overall summary score of your mental make-up. It refers to the habitual or characteristic mental attitude you have that determines how you will interpret and respond to situations. It is also your mental aptitude for the game.

Scoring well on Mindset requires both high levels of “game intelligence” (you see and understand what it takes to win), and “emotional intelligence” (you manage your emotions well and your mindset enhances your performance instead of hindering it).

A **high score** indicates you have got the “make-up” and “intangibles” coaches and scouts are looking for. You have a great mental aptitude for the game. You are likely a consistent player, someone coaches and teammates can count on. What they see is what they get. You are stable, mature, steadfast, and reasonable – which adds up to a solid mental game. Because you clearly understand the game and yourself as a player, you generally make good decisions.

### 32. Self-confidence:

Do you have a positive attitude and believe in yourself and your abilities to achieve your goals?



This attitude score measures your belief and reliance in yourself and your abilities to perform your best.

A **high score** indicates a strong, clear understanding of the self-worth you have as a good player an awareness of your unique and irreplaceable self; you understand your strengths and weaknesses well, and have a high level of faith in yourself and your abilities to deliver outstanding athletic performance on a consistent basis. You feel that training and practice have brought out your best, and you disagree that your performance has problems or deficiencies. You identify with your game role and fully apply yourself to your position. You get a deep sense of personal satisfaction and fulfillment from your game role and love working hard to maintain game-readiness; you believe you are a high performer and you actively engage with your team with the knowledge that you are a good player.

### 33. Self-discipline:

How well do you adhere to a practice and training routine? How well do you keep your behavior, emotions, and desires aligned with your goals?



Top athletes consistently choose to act in alignment with what they are committed to (i.e. they train hard even when they don't feel like it), whereas less successful athletes do what the feel like doing. Your Self-discipline score reflects your ability to control the thoughts, emotions, and behaviors that guide you toward or away from your long-term goals. It includes your ability to remain focused on the task at hand and your degree of freedom from internal and external distractions.

A **moderate score** indicates that at times you exercise strict discipline in performing your practice and training routines, but at other times you are not strict or consistent enough. You prepare pretty well and act consistent with your commitments often, but your discipline wavers at time, resulting in some inconsistency. You likely hold back or slack off on occasion. You may play well in an actual game and perform poorly in practice, or vice versa.

### 34. Self-knowledge

How well do you know yourself and understand your strengths and weaknesses as a player?



This score measures the clarity of your understanding as well as the quality of your appreciation of who you are in your sport. Scoring highly in Self-Knowledge means you:

1. Value yourself highly as a person independent of your recent stats (that is, you may be disappointed when you play badly, but you know a bad performance doesn't make you a bad person)
2. Understand and accept your current role (note: accepting your current role doesn't have to mean you like your current role)
3. Fully identify with being an athlete in your sport (at a deep level you feel a strong sense of belonging in your sport)

Knowing yourself gives you a huge edge: it enables you to know what adjustments you need to make in different situations, and it frees you to go out and just "be yourself" and just play instead of "trying hard," "pushing," or "forcing" in competition.

A **moderate score** indicates you have reached a good understanding of yourself. However, your self-awareness as an athlete may not be strong enough in one or more of the three areas listed above. You may at times confuse your performance with your self-worth, not fully understand or accept your current role on your team, or you may have some doubts about your future success.

### 35. Self-motivation/Desire

How strong is your present desire to improve? How badly do you want it?



This score measures your ability to meet or exceed your own goals without external validation or being influenced by another individual. In other words, are you motivated from within (you are passionate and full of desire), or do you play more for other reasons?

A **moderate score** indicates that at times you feel strongly motivated and at other times you may feel a lethargic energy level and lack of direction. This likely results in inconsistency and under-performance. You may be successful with your current level of Desire, but it's unlikely you are on a path to finding out how good you can be. High levels of Desire are required to reach your potential. Consider committing to being more fully present and more actively engaged in practice and games at all appropriate times whether you are winning or losing. Set a high goal and then focus moment-to-moment on the process of achieving it. A moderate score may also indicate you are results-oriented (versus process-oriented) which can directly affect your level of self-motivation as you let failure undermine your desire.

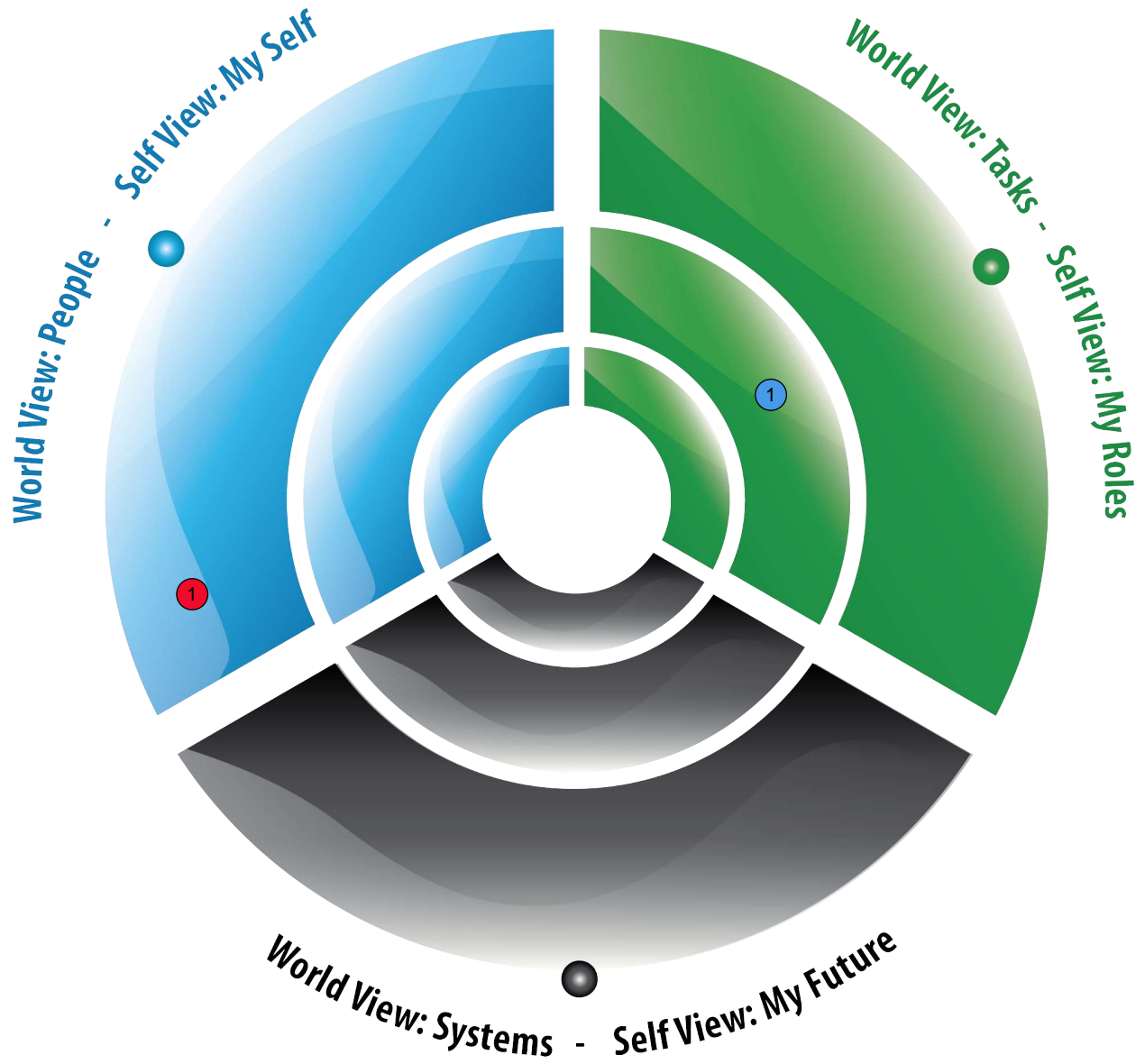
### 36. Team Player:

Do you put the team needs ahead of your own? Are you a good “team chemistry” player?



This score measures your ability to positively relate to your teammates and perform your tasks as a team player in a way that builds positive energy.

A **high score** indicates you are a strong “team chemistry” builder. You know what to do and when to do it, and that you have the capacity to adjust smoothly to changing organizational, practical, and/or interpersonal situations with emotional stability and mental clarity. You foster team spirit, feel comfortable with your team mates, totally engage in the team, and put the needs of the team ahead of your own. You also value fair play and good sportsmanship and tend to be highly competitive, valuing winning more than personal recognition. At the same time, you maintain objectivity, and don't come down on your teammates too hard if they make mistakes. You prefer constructive criticism to being punitive.



World View = 

Self View = 

**Profile Notes:**