



WRC Baseball Profile™

Sample Report

Platform Taken On: -

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Assessment Duration: 2 Minutes

Well-Run Concepts Inc.
Job Matching and Developing Top Talent

www.well-run.com

YOUR PRO-BASEBALL PROFILE

Your success in baseball is determined by two things:

1. Your natural physical ability or talent; you could also call this your potential.
2. How well you use that ability.

No one can do anything about your natural ability. That was set for you at birth. Some people are born bigger, faster, stronger and with better coordination than others. You have the natural ability you have and nothing can change that, so from this point on in this report we are not talking about natural ability.

Here's the good news: **Your success is determined much more by how you use the talent you were born with than how much talent you were born with.** Was Derek Jeter is the most physically talented, "gifted" player drafted in 1994? No one who knows baseball would say so. Many more players had more physical talent than Jeter, but few got more out of the talent they had than Jeter.

FEW PLAYERS EVER REACH THEIR PHYSICAL POTENTIAL.

So what are the keys to unlocking your potential? What are you missing? What are you not seeing? What are you not doing? How can you get access to your true talent and find out how good you can be at baseball? The assessment you just took gives you the answers. The big question now is: "What determines how well you use your talent?"

The Two Worlds of Baseball

We divide baseball performance into two "Worlds." The first is the **Outer World or Game View**. This world includes everything that is outside of you. These include things like your teammates, your coaches, the field, and the rules and strategies of the game.

The second world is everything that happens inside of you, your **Inner World or Self View**. This includes things like your confidence, mental toughness, values, beliefs, desires, thoughts, and feelings.

How well you play baseball and (how close you come to playing to your potential) is determined by your performance in these two worlds. Specifically 1) how well you "see" the Outer World of baseball (we call this your "understanding of what it takes to win in baseball"); and 2) how well your Inner World values and beliefs free you to do what it takes to win in baseball.

In short, the ultimate question for you as an individual player is: Do you understand what it takes to win in baseball and are you able and willing to do what it takes to win in baseball?



Game View



The Game View includes everything that is outside of you. These include things like your teammates, your coaches, the field, and the rules and strategies of the game.

1. Understanding what it takes to win in Baseball:

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



This is the first of two hugely important scores to your baseball 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 baseball. It is a general measure of your ability to see what is happening on the field and identify and accurately judge what’s really important. This score reveals how well you understand what the game of baseball is actually all about.

High scores indicate a clear and definite understanding of baseball, 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 baseball 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 “clutch” you are.

High scores indicate you generally stay calm, cool and collected when the heat is on. You’re likely seen as a “clutch” player your team wants to have hitting or pitching 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 express and reflect on what’s going on inside you, for your own sake.

3. Understanding Teammates, Trainers and Coaches:

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



This score measures your mental clarity regarding the importance of other players in any baseball team effort and how players, coaches and trainers interface to make the game of baseball. 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.

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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 **neutral** attitude reflects realistic judgment and expectations of your teammates, coaches and other players, and a pretty accurate assessment of their talents, potential and good qualities. You are a good listener and communicator who enjoys direct contact and interaction with others, but you tend to keep just the right distance – not getting overly close to others on the personal level. This is a good place to be.

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 field? This score reveals how you are most likely to handle it.

An **over-valued** attitude reflects players and coaches who exaggerate the weaknesses and faults they see in others. This is not very significant if you have a high score in #3, but with a low score in #3, 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 directly. You may habitually blame others for losses. You're very hard on your teammates, in terms of judging their personal faults, although you may not express it verbally. All this negative energy holds back your progress in baseball and makes you unpopular with teammates. Lighten up!

6. Understanding Player Performance:

How well do you grasp the “cause and effect” aspects of baseball?



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

Moderate scores indicate you generally know what to do or how to play in a given baseball game or context, but you may occasionally take things for granted, overlook certain details, or get impatient with the process and lose focus. You can see what it takes to win and believe winning is important, but are not a big “student of the game” always looking for that extra edge. Sort of like getting a B or B+ in school. You are not likely to be an “over-achiever.”

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7. Attitude toward Team Success:

How well do you thrive in a baseball 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? Baseball 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?

An **under-valued** attitude shows suggests you don’t pay much attention to team chemistry. You likely are uncomfortable with established baseball routines or take the success aspects for granted, especially if you have a **high** clarity score in Understanding Player Performance (#6 above). You tend to count on your teammates to know what they are supposed to do, without necessarily providing support, or getting actively engaged. You may be impatient with lesser skilled players – a big team energy drainer.

Combined with a **low** clarity score in Understanding Player Performance (#6 above), you feel a “disconnect” with the team. You may lack team spirit and may lack good sportsmanship. You may not prepare well for games because you just don’t care enough. You may be a “rebel” who doesn’t play according to the game plan or team norms. You might be thought of as a slacker by your teammates. Your performance may be inconsistent. Your score could also indicate that you currently feel “left out” or disengaged -- perhaps you’re not contributing to the team because of injury, you’re not getting playing time (and you believe you should be). It’s also quite possible you believe you are better than the rest of the team.

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 baseball team experiences. It shows how you relate to your teammates during failure and adversity.

A **neutral** attitude shows you take a balanced, realistic attitude when “bad” things happen in games. You generally cope well when something goes wrong, handling problem situations or challenges maturely as they arise. You put the right amount of energy into problems. You care about what happens, but you don’t blow negative things out of proportion. This is the best place to be on this item.

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

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



This dimension is about “what’s what” in baseball in terms of how the game is organized: the rules and the strategies and the plans and 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 and purpose. As a result you likely have positive, productive relationships with authority figures, such as coaches, trainers and umpires.

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10. Attitude toward Coaching and Respect for Authority:

How cooperative and respectful are you toward coaches, umpire 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 umpires, and do what your trainers tell you to do?

An **over-valued** 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. If you have high scores in #9, 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:

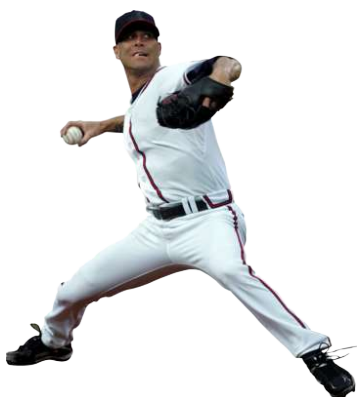
How do you respond when decisions are made with which you disagree?



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?

An **over-valued** attitude indicates you tend to magnify and spend too much energy on negative things and tend to over-react to breakdowns. You are likely actively engaged in pointing out any deficiencies you see in game authority figures and systems, including umpires (bad calls, not backing up a base, loss of mental focus, etc.). You may be super critical of players who "cheat" or break the rules, as well as coaches and trainers who make diagnostic errors, bad decisions, or who may not live up to your expectations.

Self View



The Self View is everything that happens inside of you, your Inner World. This includes things like your confidence, mental toughness, values, beliefs, desires, thoughts, and feelings.

12. Motivation to DO what it takes to win:

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



This is the second of the two most important scores in this report. It's your summary score for the part of baseball 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 baseball. 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 field. If you have dreams of playing at higher levels, a strong score here is vital.

High scores indicate you are willing and able to do what it takes to succeed in baseball. You have high levels of self confidence, emotional control, motivation, self-worth, and role clarity. Your mental game is a big advantage for you. You are likely able to consistently access your talent (as opposed to having your natural and trained abilities choked off by fears and doubts). This is also good news for you in your life off the field.

13. Emotional Self Control:

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



This is a measure of how well you handle the stresses of everyday life as a baseball 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 baseball game problems. Do you respond to problems in a calm, rational manner?

High scores indicate you have the ability to remain calm and objective in high stress game situations, especially those involving changes or challenges to your position or standing on the team.

14. Intuitive Awareness of Self-worth:

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



This score measures your sense of self-worth – a hugely important factor in your baseball 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 baseball performance, they put enormous pressure on themselves to succeed. They link their results on the field to their value as a person. Since failure is such a normal part of baseball, 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 field. This frees you to play great because you aren't afraid to fail. It gives you a feeling of "connectedness" with the world of baseball, and a huge advantage over most players.

High scores indicate you have a strong, clear understanding of your value as a person in baseball. You know you are unique and irreplaceable and you don't define yourself through what you can accomplish and achieve in baseball. A high score indicates you have faith in yourself and your baseball potential, and understand your strengths and weaknesses very well. You have developed a strong comfort level and feel at home on the field, and you enjoy just being you. This frees your physical talents and skills to play on the field.

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.

15. Insight into Personal Baseball Potential:

Do you have the inner drive to improve and get better as a baseball 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 baseball potential and bring it into reality. It is a measure of the quality of your internal motivation.

A **neutral** attitude indicates you have a healthy, objective view of the actual potential you have. You have a 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 Baseball Problems:

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



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

An **over-valued** attitude indicates you feel that you have some personal problems (e.g. your past performance may make you miserable or ashamed, you may be much too hard on yourself, etc.). However, you strongly desire to overcome these problems and become a better baseball player.

Combined with a **high** clarity score on #14 above, any obstacles or problems you may face are likely temporary or situational, and you should have no difficulty resolving them, given some time and effort.

Combined with a **low** score on #14 above, you agree you have some problems and need to develop more faith in yourself to resolve them. You could benefit from asking a friend, teammate or coach to help you find ways to improve.

17. Baseball 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 baseball player both on and off the field. It indicates the degree to which you are getting personal fulfillment from your position in the game of baseball 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 baseball 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 field) was different. This helps you stay “present” focused during practice and games with your energy focused on your baseball 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 baseball. 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.

An **under-valued** attitude 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 Baseball Position, Role, Performance & 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** clarity score in Baseball Position, Role, Performance & Performance (#17 above), you agree you have baseball and/or fitness 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 yourself as a “bad” player, 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 **over-valued** attitude indicates you feel there are some problems or inconsistencies with your personal training habits and practice, which has a negative impact on your position and game performance. This may include poor working conditions, not “fitting in” with your current team, negative coaches or teammates, or expectations which are too high for you to meet.

Combined with a **high** clarity score in Baseball Position, Role, Performance & Performance (#17 above), this is much less significant, and any problems you are currently experiencing are likely temporary or situational, and you should be able to resolve them quickly and move on. Combined with a **low** clarity score in Baseball Position & Performance (#17 above), you may be passively engaged or ashamed of your performance, or may be physically unable to perform. You may blame this on injuries, poor training or poor practice conditions. You may also believe your coach’s expectations are too high at this time. You may be feeling pain & frustration – it seems no matter how hard you try, you cannot achieve the results you want.

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 baseball? Or do you let mind-traps or mental blocks rattle your composure?

High scores indicate you have a clear, strong and mature self image in terms of playing the game of baseball. You have a passion for winning and your team knows they can count on you! You understand how to prepare for a game and you have clear performance goals. You also have the discipline and commitment necessary to forge ahead and make your dream come true.

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.

21. Attitude toward Persistence & Drive to Win:

How Strong is your Positive Mindset?



This score measures the quality of your desire for success in baseball (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 baseball 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.

An **over-valued** attitude indicates you are a gamer. You are going to play all-out, no matter what. You're totally committed to your performance, and your consistent efforts and strong self-discipline nearly guarantee you will achieve your sports goals. A positive attitude here indicates you are super-driven, and it is this persistent drive, mental tenacity and resilience that results in your high level of baseball accomplishment. You have a passion for winning, and your quick thinking helps you know what's next when playing. You clearly understand the rules of the game, possess the mind speed needed for success, and believe your team can definitely count on you.

22. Attitude toward Personal Setbacks:

How do you handle adversity, failure and disappointing outcomes?



Baseball is a game of adversity. If you haven't failed in a game recently you'll fail very soon! To succeed in baseball 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 baseball and life.

An **under-valued** attitude reflects you see few, if any, obstacles or barriers to your game success. You think clearly, are actively engaged, and tend to focus on full speed ahead. Your performance is consistent and disciplined, and you make very few mistakes. You don't allow your mind to get preoccupied with past mistakes. You are mentally disciplined - giving every game your best shot and generally meet or exceed expectations.

Combined View



These attributes are measured by combining your Game View and Self View to get a complete picture of YOU from a baseball 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 **high score** indicates passionate drive, high energy, and an intense desire to play well and win. You tend to go "all in" during games and practice, and you know what is expected of you and what you expect of yourself. You may obsess about your sport and have a strong or even excessive emphasis on game readiness and meeting or exceeding goals and standards. Your attitude toward personal and team success is very positive, which makes it likely you'll play to win instead of playing to avoid losing.

25. Concentration:

How well do you maintain focus throughout the game?



Hank Aaron says his ability to concentrate is what allowed him 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.

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

A **high score** indicates the absence of problems that could interfere with excellence in baseball 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.

27. 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.

28. 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.

29. Intuition:

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



Great players seem to have a “6th sense” that enables them to anticipate what is going to happen next. That’s called “intuition,” or, more commonly in sports, “instincts.” This score reveals your capacity to correctly sense the most important aspects of what is happening in a game and take the right actions despite not having all the facts. For example, you can “guess” what will happen on the next play, or you sense what your opponent is going to do just before they do it.

A **high score** indicates you can make accurate intuitive decisions. You have a strong sixth sense for the game. This tends to put you almost magically in the right place at the right time.

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 **moderate score** indicates there are times when you are “clutch” under pressure and able to bounce back quickly from adversity, but other times you struggle in challenging situations. You at times fully identify with being a top player, but other times don’t see yourself being successful in the future. Uncertainty about your future success can undermine the persistence and determination it takes to succeed under game pressure and over the course of a career. The more fully you identify with being a top player the quicker you come back from failure because you spend less time recalling past failures. It also makes you better under pressure because you are not distracted by thoughts of “what if I fail?” and helps you more tenaciously hold onto your dreams.

31. 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 **moderate score** indicates you are not completely confident in your abilities to perform as expected in a given game. You need to put together a string of small successes to solidify your self-confidence and repeat this over and over until it is internalized. The problem here again, is consistency: there may be times when your belief in yourself and your abilities is high, and at other times, your faith in yourself and your performance may suffer.

32. 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 they 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 **high score** indicates you value rigorous practice and training rituals that serve to maintain emotional control and present moment focus, even under game pressure. You likely prepare well for competition and practice and show up ready to play and give all of what you have to give each day. Your clear understanding of the big picture, including the purposes of game plans, principles, and structures, together with your personal commitment, consistent efforts, and persistent drive means you will focus on the task at hand and give yourself your best chance to achieve your sports goals.

33. 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.

34. 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 **moderate score** indicates you are likely a good teammate, but sometimes keep some emotional distance from the other players. You usually add positive energy to the team, but at times you don't. This may keep you from being a leader on the team. In a game you may feel a degree of uncertainty about exactly how to execute a given play, where and how to move and respond to changing game circumstances within the context of the team. You may flip-flop between putting the needs of the team or your own needs first.

Profile Notes: