



WRC Basketball Profile™

Sample Report

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Assessment Duration: 2 Minutes

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

www.well-run.com

YOUR BASKETBALL PROFILE

Your success in basketball 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.**

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 basketball? 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 Basketball

We divide basketball 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 basketball 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 basketball (we call this your "understanding of what it takes to win in basketball"); and 2) how well your Inner World values and beliefs free you to do what it takes to win in basketball.

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



Game View



This measures how much you understand and how you feel about the external world around you from a basketball 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 basketball 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 Basketball:

How well do you understand the external demands of basketball that determine success?



This is the first of two very important scores to your basketball career. This score measures your clarity concerning the game – 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 basketball. It is a general measure of your ability to see what is happening on the court and identify and accurately judge what’s really important, including your understanding of teammates and coaches, player performance, and discipline, rules and the game plan. This score reveals how well you understand what the game of basketball is actually all about.

High scores indicate a clear and definite understanding of basketball, 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 basketball 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 court 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 what’s going on inside you, for your own sake.

3. Understanding Teammates 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 basketball team effort and how players, coaches and trainers interface to make the game of basketball. 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?

An **under-valued 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.

Your undervalued attitude here is not a big deal. You have the capacity to contribute greatly to team harmony, but for some reason right now you are not fully utilizing that capacity. You may currently be overly focused on game mechanics or results; or you may be feeling pressured or stressed. Keep in mind that many professionals choose to keep an emotional distance from teammates, to better maintain objectivity and control. When you are ready, you will quickly resolve any problems or obstacles you may be facing in this area and move ahead.

5. Interpersonal Conflict:

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



Get a team of players 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 they do something you don't like or makes a mistake on or off the court? 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. You may over-react when one of your teammates constantly screws up, cheats, or drags the team down with a negative attitude.

This is not very significant for you, and even if you express frustration or anger at a teammate, you tend to get over it very quickly and move on, without constantly referring to past errors or personal problems.

6. Understanding Player Performance:

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



Do you see and understand what actions must be taken to win? This score reveals your mental grasp of tangible, observable basketball 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 basketball. If you were a robot and your coach could program you to make “smart” basketball choices, how would he program you to do these things? The higher your score, the better “programmed” you are for these smart basketball choices.

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

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7. Attitude toward Team Success:

How well do you thrive in a basketball 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? Basketball 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 attitude** shows you have a balanced perspective on “doing things right.” You can weigh the pros and cons of “good” mechanics and see them for what they are. You pay attention to basketball mechanics, but are not as “obsessed” with having perfect mechanics like some players are. Teamwise, you are a good, solid teammate who well understands the pros and cons of good performance and the mechanics it takes to play the game properly. You “play well with others,” and put realistic and objective value on playing a technically solid and fair game, and generally maintain poise under pressure. This is a healthy place to be, although a team full of players with this attitude is unlikely to surprise people by consistently playing much better than expected.

8. Attitude toward Team 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 basketball 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 a teammate makes a mechanical mistake or error, or when handling performance problems or technical challenges maturely as they arise. You put the right amount of energy into problems. You care about what happens, but you do not blow negative technical things (which are bound to happen) 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 basketball?



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

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

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10. Attitude toward Compliance:

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



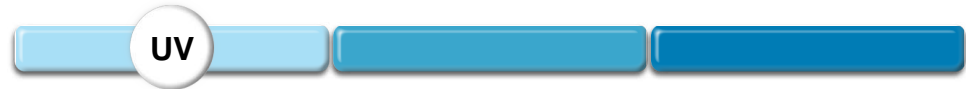
This score measures your attitude toward the benefits of respecting and obeying authority. Do you think it’s helpful to be “coachable,” respectful of officials, and do what your trainers tell you to do?

An **over-valued attitude** shows you have great respect for authority. You are likely fiercely loyal, cooperative, and rely on the game strategy and rules that coaches and team leaders set. You also tend to accept umpire rulings and decisions.

You have a deep love for the game, as well as intense devotion and dedication to high game standards and principles, and even if you disagree or a bad call is made, you will respect referee rulings and go along with their decisions. You may be somewhat rigid and perfectionistic about adhering to rules and routines, feeling discomfort when “order” is not present. It is of course necessary for players to follow rules for a team to be successful, but you may be a bit stiff about it.

11. Attitude toward Defiance:

How do you respond when official decisions are made with which you disagree? What is your attitude about breaking the rules?



This score measures your attitude toward disorganization and deficiencies in game systems, rules and regulations. How do you feel when the established discipline, practices & routine demands of the game are not followed, or when rules are intentionally broken? When you sign up to play a team sport you give authorities a lot of power. Like it or not, your coach makes the team decisions and rules, and the officials make the calls on the court. As you already know, they will often make decisions with which you don't agree. Mature players handle this in a balanced way; they are not overly defiant (pushing back aggressively like a rebel) or overly passive (laying down and just "taking it"). This score reflects your attitude toward decisions you don't like, and other breakdowns in team systems, such as intentional violation of regulations.

An **under-valued attitude** indicates you make rule breaking, poor decisions by teammates and coaches, and breakdowns in game systems less bad than they objectively are.

You tend to accept an occasional loss of mental focus, breaking rules, and slacking off when it comes to daily game demands and requirements as a routine part of the game that all players go through at times.

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 basketball position and where you are going in your basketball 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 basketball player?

12. Motivation to DO what it takes to win:

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



This is the second of the two most important scores in this report. It's your summary score for the part of basketball that is happening internally. The higher your score, the stronger 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 basketball. 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 court. 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 basketball. 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 court.

13. Emotional Self Control:

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



This is a measure of how well you handle the stresses of everyday life as a basketball 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 basketball 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 basketball as a unique individual – apart from your stats?



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

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

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15. Insight into Personal Basketball Potential:

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

An **under-valued attitude** indicates you want to get better – in fact, you feel you NEED to get better. You agree you have a lot of undeveloped potential within and you desire to make it real and actual.

This attitude is significant, because it implies although you know yourself and your strengths and weaknesses very well, you do not feel satisfied or complacent with your current success level; you a strong desire for further self- improvement.

16. Attitude toward Personal Basketball Problems:

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



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

An **under-valued** attitude indicates you feel you do not have many, if any, internal problems or deficiencies to overcome. If you have this attitude, you are essentially saying you are ready for any challenge or obstacle that comes your way, and you have nothing to be ashamed of or unhappy about.

17. Basketball 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 basketball player both on and off the court. It indicates the degree to which you are getting personal fulfillment from your position in the game of basketball 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 current basketball game position and that 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 court) was different. This helps you stay fully “present” during practice and games with your energy focused on your basketball 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 basketball. 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 **over-valued attitude** indicates you know you are good, you love and support your team and you are fully committed to improving your performance. You are free to play and you play to win. You get a deep sense of personal satisfaction and fulfillment from basketball and your role on the team. You welcome the challenges and opportunities you are presented with. You have an attitude of self-confidence – you love working hard to maintain game readiness and do your part in maintaining good health and conditioning. No matter what your position, you maintain strong personal commitment to play big!

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.

A **neutral attitude** indicates you realize that problems do happen and you have a realistic and objective view toward them. You generally have good training habits and try to prepare for competition well, but both areas have room for improvement. You are good at weighing the pros and cons of your own performance problems, and know what happens to your performance if you slack off in practice at times. This score may also mean you are resigned to your current situation, or waiting for a change or better opportunity.

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 basketball? 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 basketball. 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.

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21. Attitude toward Persistence & Drive to Win:

How Strong is your Positive Mindset?



This score measures the quality of your desire for success in basketball (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 basketball 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 are totally committed to your performance, and your consistent efforts and strong self-discipline nearly guarantee you will achieve your basketball 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 basketball accomplishment. You have a passion for winning, and your quick thinking helps you know what is 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?



Basketball is a game of adversity. If you haven't failed in a game recently you'll fail very soon! To succeed in basketball 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 basketball.

An **over-valued** or positive score reflects you are excellent at avoiding errors in your game - you see few if any obstacles or barriers to your game success – you think clearly, are actively engaged, and tend to be 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 highly disciplined - giving every game your best shot and generally meet or exceed expectations.

Combined View



These attributes are measured by combining your **Basketball Game View** and **Self View** to get a complete picture of **YOU** from a basketball 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?



Michael Jordan had the ability to concentrate game in and game out which allowed him to consistently play at the highest level. Your Concentration score tells you how powerfully you can focus your energy and attention.

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

High scores indicate the absence of problems that could interfere with excellence in basketball 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:

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



Great players like Magic Johnson 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 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.

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. 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.

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 and 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 **high score** indicates you seek to live up to a very high set of self-standards and you constantly raise the bar on yourself. You have the inner desire and motivation to improve, and believe you have a great deal of undeveloped potential within. You continuously work to improve yourself and your game through learning more, setting new and higher performance goals, and being super-driven. You are fully engaged in reaching for higher levels of athletic accomplishment.

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 **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.

Profile Notes: