



the extra gear

Mental Toughness Training For Peak Sport Performance

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Self-Confidence In Sports Inventory*

Instructions: Think back to your past year or season, then answer each question below on the 1-9 scales. Be honest! Answer how you feel, not how you think you should feel. There are no right or wrong answers.

1. I am as sure of myself as others who play my sport.
Strongly Disagree 1 2 3 4 5 6 7 8 9 Strongly Agree

2. I set specific and challenging goals when I train and compete, and believe I can meet them.
Strongly Disagree 1 2 3 4 5 6 7 8 9 Strongly Agree

3. I talk to myself in a positive, supportive way in competitions.
Strongly Disagree 1 2 3 4 5 6 7 8 9 Strongly Agree

4. I have an optimistic attitude about my sport and my athletic abilities.
Strongly Disagree 1 2 3 4 5 6 7 8 9 Strongly Agree

5. I believe that I can improve my weaknesses in my sport performance if I try.
Strongly Disagree 1 2 3 4 5 6 7 8 9 Strongly Agree

6. I don't worry about making mistakes or doing poorly in competitions.
Strongly Disagree 1 2 3 4 5 6 7 8 9 Strongly Agree

7. I am at my best in pressure situations in my sport; I don't shrink from a challenge.
Strongly Disagree 1 2 3 4 5 6 7 8 9 Strongly Agree

8. I have the physical skills (strength, endurance, speed, agility) to excel in my sport.
Strongly Disagree 1 2 3 4 5 6 7 8 9 Strongly Agree

9. I have the mental skills (focus, emotional control, intensity, mental toughness) to excel in my sport.
Strongly Disagree 1 2 3 4 5 6 7 8 9 Strongly Agree

10. I focus on my successes to help me perform at my peak; I can let go of my failures.
Strongly Disagree 1 2 3 4 5 6 7 8 9 Strongly Agree

My Total Score = _____.

66-90 – Your confidence appears high in a variety of situations in your sport.

36-65 – You may have some specific areas in your sport where confidence is a concern.

10-35 – You seem to have a generalized problem with confidence that needs attention.

***Need more confidence? Get a [FREE 4-Week mental skills training plan](#) to build confidence from The Extra Gear! Click on the hyperlink above and then go to the free training plans section of the page.**