



**the extra gear**

Mental Toughness Training for Peak Sport Performance

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## Athlete Inventory of Mental Skills (AIMS)

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Age:

Sex:

Sport:

Level:

*Instructions: Rate how well each statement describes you, using the 1-7 scale below. Click a radio button to the left of each question to indicate your answer. There are no right or wrong answers.*

**1** Not at all    **2** Very little    **3** A Little    **4** Moderately    **5** Quite a bit    **6** Very much    **7** Extremely

Make Your Ratings Here:

1 2 3 4 5 6 7

1. I can block out distracting thoughts and feelings during competitions.
2. I get so nervous before or during a competition that it keeps me from doing my best.
3. After I train or compete, I feel that I've given it all my effort. I have nothing left.
4. I get so frustrated when I'm performing poorly that it's hard to let it go.
5. I am confident that I will perform at my best at competitions.
6. During competitions I have difficulties focusing on the task at hand.
7. I feel energized, not tense or uptight, before I compete.
8. I have trouble staying intense throughout an entire competition.
9. It is easy for me to keep a positive attitude after making a mistake.
10. I have self-doubts about my ability to excel in my sport.
11. I am able to keep my attention focused on where it needs to be throughout a competition.
12. I do worse in competitions than in practices because I get so anxious.
13. No matter how bad things get, I continue to try my hardest.
14. I beat myself up after I make a mistake in my sport.
15. I believe that I am prepared to perform at my peak.
16. I think too much when I compete; my thoughts distract me from doing my best.
17. The more tense the situation is, the better I perform.
18. My lack of intensity keeps me from performing up to my potential.
19. I bounce back quickly when things go wrong.
20. I question if I have the ability to reach my goals for my sport.
21. I can focus on what's most important when I compete, even when things get tense or confusing.
22. I put too much pressure on myself when I compete.
23. I give 100% effort from the beginning to the end of my competitions. I never let up.
24. I become very negative when things go wrong in my sport.
25. I believe that I have what it takes to perform at my best in my sport.
26. I miss critical situations in my sport because my mind is focused on the wrong thing.
27. I never worry about making a mistake or doing poorly in my sport.
28. I have trouble staying psyched up when I compete.
29. I don't get down on myself when I compete.
30. When I compete I am bothered by my lack of confidence in my abilities.