



Triple-Impact Competitor[®]

Self-Assessment

To what extent are you a Triple-Impact Competitor? Assess yourself on each of the statements below using a 1-5 scale (1 = never, 2 = seldom, 3 = sometimes, 4 = often, 5 = always).

Making Myself Better

- _____ 1. My coaches and teammates would say I give maximum effort in workouts, practices, and competitions.
- _____ 2. My coaches and teammates would say I have a teachable spirit. I accept feedback so I can learn and get better.
- _____ 3. I work hard on my mental game, using a variety of tools such as visualization, positive self-talk, and mistake rituals to allow me to move past failures quickly and refocus on the next play.
- _____ 4. I focus on improving my diet, hydration, and sleep in a way that will positively affect my performance on and off the field.

Making Teammates Better

- _____ 5. I'm on the lookout for leadership opportunities that help my team achieve its goals.
- _____ 6. My teammates would say I'm a positive teammate. I support my teammates by building them up. When I do criticize, I do it constructively and at the right time in the right way.
- _____ 7. My coaches and teammates would say I'm a team player who helps build strong team chemistry. My first priority is team success, and I adjust and accept my role to help my team.

Making the Game Better

- _____ 8. I honor the game by respecting the rules, opponents, officials, teammates, and myself.
- _____ 9. I use my status and influence as an athlete to improve my school community.

Adapted from "Elevating Your Game: Becoming a Triple-Impact Competitor" by PCA Founder Jim Thompson

