

This report is based on your answers in the Sports Competence Assessment questionnaire.

## Rick

Organization:

**Sample Organisation**

Date:

**24.03.2020**



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## Welcome to your      Sports Capacity report

Thank you for completing the questionnaire and choosing to take this journey into finding out more about your own resources. The Sports Capacity Assessment is designed to help you discover what are your greatest strengths in sports and how you can use them in a more effective way. Getting to the top is not easy. We want to help you to find your most natural way by identifying where your greatest potential is.

This report will not make you a top athlete. However, we believe that the amount of information it contains can help you to become one. We believe this report can provide you with another perspective of yourself as an athlete. It is possible that you did not consider some of the competences to be your special strengths. Or, maybe you never considered some of them being so critical to your success.

### **Questions, strengths and challenges**

This report provides information about the 18 competences and how you scored on them. The following pages will provide you with more insight into your competences. There will be a lot of questions for you to think about, maybe just by yourself or together with your coach. Read the report carefully, spend time with the questions and make notes.

With your greatest strengths, this report helps you to identify if you are using those strengths to the fullest. It also helps you to understand when those strengths can become weaknesses if you use them in a wrong way.

The report also helps you to understand with what competences you may have challenges. You may not want to choose those as your key paths to your success, but you could pay attention to make sure they do not prevent you from reaching the top.



### **Note about the pronoun usage:**

This assessment talks to you but when we refer to your type or person, it uses the now preferred singular “they” as a gender-neutral language to avoid bias toward particular sex, social gender or gender identity, and not to perpetuate gender stereotypes.

### **Are you ready?**

This report is not a book that you read from the beginning to the end. You can start at any place, go to any direction and come back as many times as you wish. Enjoy it!

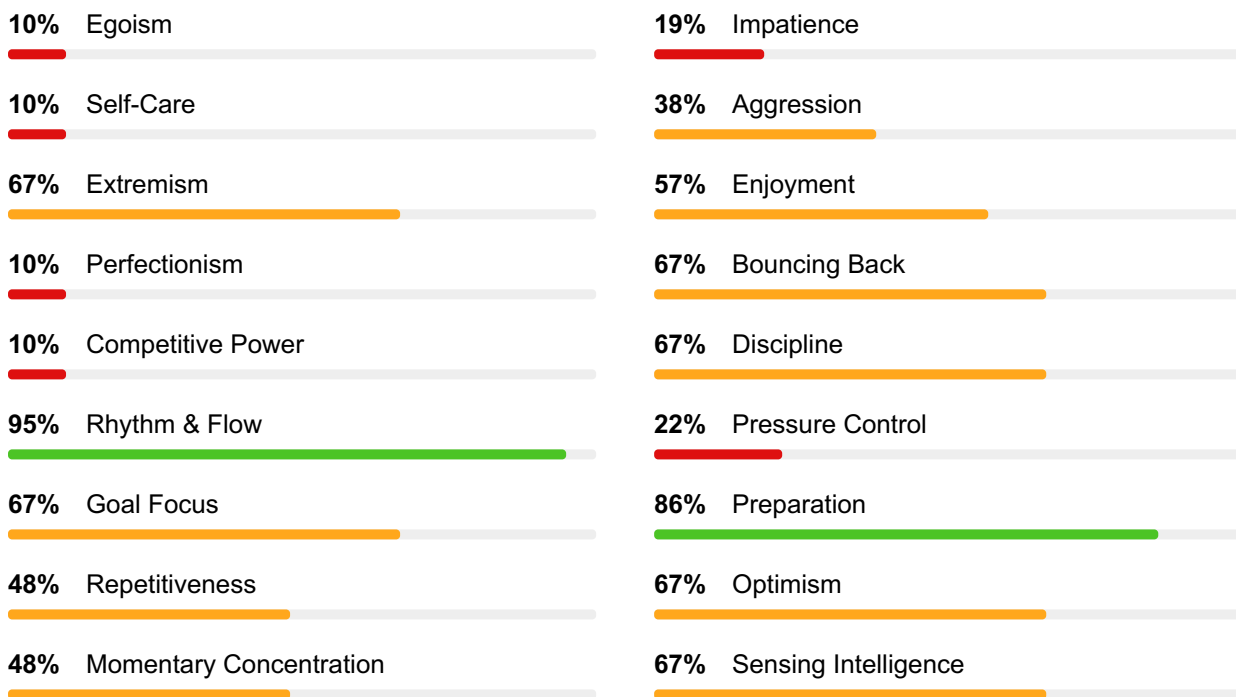
## Executive Summary

Sports Capacity Assessment identifies 18 independent sports competences. By definition, none of the competences is better than another. Each of the competences can be your pathway to the top. It is up to you to decide what competence you focus on the most. Based on our experience, the ones that are the most natural to you are the ones with what you can the most easily gain a competitive advantage.

The below table summarizes your scores for the competences. The higher the score, the more natural this competence is to you. We have made it easier for you to identify those competences by showing them in green color. The more on the left the competence is, the less natural it is for you and the more energy and focus is required if you want to use it. Red color helps you to identify these competences.

This is just an overall summary of the results. The rest of the report will provide you with a deeper understanding what those scores mean and how you should perhaps approach them.

### Overall Scores



### NOTES

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## Competence Summary

Does not want to emphasize oneself, understands that others also have needs, can wait for their turn, likes privacy, performs better when not the center of attention, and does not create conflict with competitors.

Is impatient in developing oneself, sometimes even by risking one's long-term health. Is not very focused on preventive exercises, but wants to spend the maximum time on practicing the actual sport.

Prefers to take the same approach as others to developing oneself. Follows the training plan set by the coach and prefers to focus on proven exercises. Is ready and able to stop when feeling that is close to reaching the limits.

Is more impulsive and spontaneous person when training. Enjoys variety and experimentation. Trusts more on how one feels during and after the training than trying to do everything that was planned.

Even though likes to win and achieve the highest goal, understands this is not always possible. Can see something good in own performance even when has not reached the goal. Also values the sport itself, focusing on stable and long-term development.

Finds it often difficult to focus and shut external things out of mind and sight. Often thinks too much and, therefore, reacts slowly and is more careful in actions. Does not let body control the mind.

### EGOISM

10%

Puts oneself above the others, considers one's needs more important, wants to have everyone's focus, has no doubt about one's skills and excellence, enjoys being the center of attention, was it good or bad.

### SELF-CARE

10%

Even though wants to develop and become better, does not take risks in achieving improvement but instead listens to one's body and feelings and has the ability to take a break when feels it is needed. Allocates plenty of time for preventive exercises.

### EXTREMISM

67%

Is ready to go as far as one can - and beyond. Enjoys working longer hours and completing more miles than others. Reaching one's limits and finding what is beyond is a great motivator.

### PERFECTIONISM

10%

Has the attention to detail to follow a step-by-step training process. Approaches training systematically, does not attempt to "cut corners." Abides by instructions, does not attempt to "wing it." Believes that paying attention to every detail will provide the best results.

### COMPETITIVE POWER

10%

Fixates all attention on how to win the competition. Is not willing to give in at any stage, and demands re-match until finds oneself on the highest podium. Being best is not as important as defeating others. Sometimes can even try to win at any cost.

### RHYTHM & FLOW

95%

Finds it easy to reach a flow feeling. Lives in the moment both when practicing and competing. Does not pay much attention to anything but own feeling. Actions transpire more than are consciously performed.

May be competitive and likes to win, but is not willing to sacrifice everything to achieve the best performance. Likes to experiment and try, but may also like to have "life outside sports". Is not very strict in always completing the most important and crucial practices, but enjoys just fooling around.

**GOAL FOCUS**

67%

Always wants to know and always knows why. Every practice has a reason why it is done. Keeps constant focus on the goal and judges every aspect of life based on how they best serve achieving the goal. Only accepts people in their life who can help them in achieving the goal and no one else.

Is not a big believer in boring and repetitive practices. Wants to succeed at first try and, when feels "I can do this", is ready to move on. Believes in trying many different ways of practicing rather than just focusing on one way at a time.

**REPETITIVENESS**

48%

Has the patience to repeat and continue with the same practice. Focuses well on each repetition and tries to improve from the previous one or to maintain the same level of performance. Believes repetition develops the best skills and a steady level of performance.

Often finds one's mind drifting from one thought to another and stays alert to the happenings in the environment. Usually starts a practice or competition not fully prepared and may occasionally lose concentration and focus.

**MOMENTARY CONCENTRATION**

48%

Has the ability to focus one's mind fully on the next practice or competition. Can block everything else out from the mind and does not let anything disturb the concentration. Does not become nervous or anxious but performs in a concentrated and focused manner.

Can easily wait for one's turn and is ready to change plans if the first plan is difficult to execute. Practices well with others and has no need to be the first in line. Usually waits before takes an action.

**IMPATIENCE**

19%

Has no patience to wait, but if feels that when wants something, usually takes it immediately. Does not wait for one's turn but grabs the attention of the coach or equipment at gym. Does not tolerate a team or staff that is not able to provide them what they need immediately.

Is often respected by opponents and team members for their ability to give room for others. Exercises polite behavior with everyone. Does not like to show extra aggression and is able to maintain one's temper even when facing opposition.

**AGGRESSION**

38%

Is always willing to challenge and is not afraid of anyone. The stronger the opponent or the more difficult the situation, the more it turns them on. Is not always seen as a nice person, but as one who has either future or current enemies.

They do not value socializing and usually are not happy until the end of the competition and the end result is what they wanted it to be. Communicates only what is needed and can also express oneself in a direct and challenging manner.

**ENJOYMENT**

57%

Sports seems like a fun thing for this person. They seem to be enjoying whatever they do and often win over the opponents with their visible positiveness and playfulness. Often spreads the enjoyment also to other members in their team.

Seldon has the grit to continue to reach for challenging goals after setbacks. If something does not work out well, loses motivation quickly. Is not guided by what wants to achieve but rather by what can easily be learned or done. When facing setbacks, finds it hard to get up stronger than before. Can accept failures.

**BOUNCING BACK**

67%

Does not take an easy route when wanting to develop certain skill and does not accept it being unattainable. Is ready to work long hours, try different approaches, repeat and repeat until is happy with the end result. If fails, comes back even stronger.

Is an emotional athlete who lets the day's feeling determine how strictly the plans are followed. Prefers to do something else if the planned activity does not feel easy to do or if extra effort is required.

**DISCIPLINE**

67%

Shows up as a disciplined professional who plans the practices and sticks to those plans. Does not let tiredness, lack of motivation or difficult circumstances interfere with sticking to the plan and executing it.

Is often an athlete who performs better in routine competitions than those that come with extra pressure. Has the ability to maintain average performance at a steady level and prefers not to have any particular moment to be more important than another.

**PRESSURE CONTROL**

22%

Has the ability to perform at a high level even when facing pressure or high expectations. Often actually performs better when the risks increase or rewards are higher. Can stay cool and does not let emotions or fears take over.

Often has a different focus on sports when competing and when not. Is more easy-going before practice than competition and occasionally arrives late or comes unprepared. Has a different, lower level of discipline when not competing.

**PREPARATION**

86%

Pays special focus on preparing for both practice and competition. Is willing to arrive early and often leaves late to make sure equipment and body is ready for being pushed to the limits. Understands being professional is a 24/7 responsibility.

Has hard time believing that will make through the challenges and that challenges could make them stronger. Believes more in pessimism - if you do not have high hopes, you will not get disappointed either. Feels stronger without too much optimism.

**OPTIMISM**

67%

Has a strong belief, also during hard times, that something good will come out of this. Does not give up hope and has the confidence to trust they will find the way to get over challenges on their way.

Is rarely aware of different internal or external stimuli and is not trying to analyze how they influence oneself and the environment.

**SENSING INTELLIGENCE**

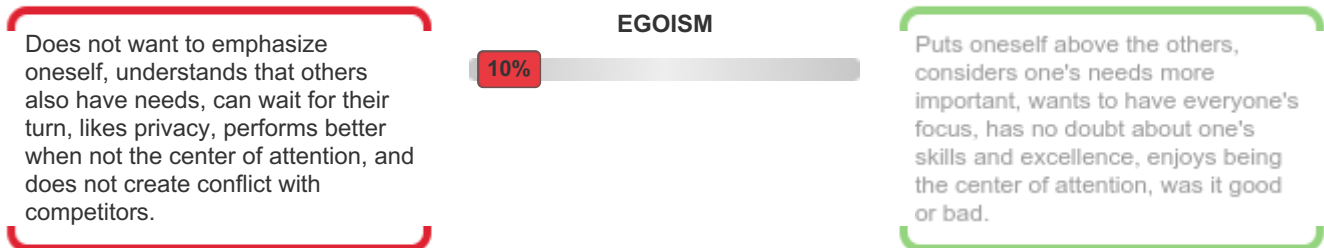
67%

Is sensitive to all stimuli around themselves; internal and external. Is aware of different stimuli and how they affect them. Can use their senses and understanding of the situation to their advantage.

## Results by Competence

### EGOISM

How much focus puts on oneself and ignores the others



Getting attention <b>WEAK</b>	Being the best <b>MEDIOCRE</b>	Focus on myself <b>WEAK</b>
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They do not need the attention and praise to feel important. They enjoy working for the team and do it with respect to others. Teamwork is the most natural way of working for them. They do not blame others for their own mistakes, but instead accept their weaknesses and focus on developing them.

They may choke in the spotlight because attention disturbs their concentration and performance. They do not mind others being the center of attention. As a result, some people might run over them as they do not stand up for themselves. They often take comments or conflicts too personally since they care more about other people than their own ego.

Ask your coach to help how to get more comfortable in situations when the attention is solely on you maybe by asking them to create a situation where you need to adjust. Ask them to teach you when and how to raise your voice and express what your limits are.

### Development Tips for Egoism

- Learn to play and practice in the spotlight as well so that it does not affect your performance.
- Practice defending yourself more. Understand that it is not selfish and it is necessary to set boundaries and stand up for them.
- Realize that you should not carry everything on your shoulders. Learn to let go.
- Be prepared to defend yourself.
- When you know something better, do not let others make foolish mistakes.
- Express your emotions - even the negative ones.

### NOTES

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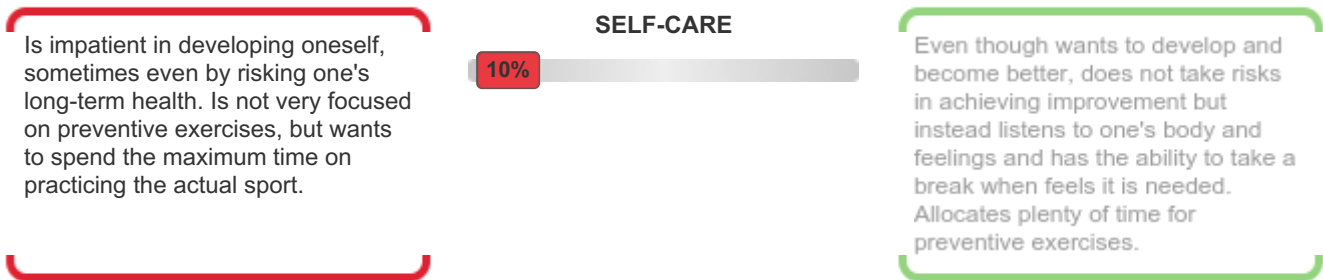
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## SELF-CARE

How well identifies one's own needs and focuses on prevention exercises to avoid injuries and illnesses and how important considers them



Respect of limits <b>WEAK</b>	Conscientiousness <b>MEDIOCRE</b>	Risk avoidance <b>MEDIOCRE</b>
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They endure a lot and are an athlete who can ignore the warning signs of their body when a situation so requires. They are ready to perform at any time because they only need the competition to begin. They do not need time to warm up and get their mind focused as much as most others. They are likely to put all of their effort in developing and becoming superior in their sport instead of focusing on preventive or other supporting exercises.

At times, they push their body too much, even in unnecessary situations because they believe that is the only way to succeed. Sooner or later they are likely to suffer some injuries if they continue ignoring all the preventive exercises. They do not know how to listen to their body and its signals or just shuts down the signals.

Ask your coach to together find the motivation for you to do the self-care activities that you absolutely need. Ask your coach to monitor you, punish and reward you, or whatever works so that you will do them. Ask them also to understand that this is not your strongest quality so you need the support to make sure you stay on the path.

### Development Tips for Self-Care

- Understand that prevention is a big part of being successful in the long run.
- Learn to listen to your body more. Give it a chance to be better and recover because it will make you better too.
- Try to make the preventive exercises more like game. See them as part of your play.
- Keep in mind for how long you want to be fit, and what it takes to achieve that.
- Get someone to hold you accountable for performing the preventive exercises and not to avoid or simply just skipping them.
- If you want to be the best, you do not skip the prevention exercises.

### NOTES

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## EXTREMISM

How far is ready to push oneself

Prefers to take the same approach as others to developing oneself. Follows the training plan set by the coach and prefers to focus on proven exercises. Is ready and able to stop when feeling that is close to reaching the limits.

### EXTREMISM

67%

Is ready to go as far as one can - and beyond. Enjoys working longer hours and completing more miles than others. Reaching one's limits and finding what is beyond is a great motivator.

More  
**MEDIOCRE**

Never enough  
**GOOD**

Exceeding limits  
**STRONG**

They do not complain when practicing long hours and simply do their job. They may not always want it or enjoy it but do it nevertheless. Sometimes succeeds to push over the limits but not very consistently or deliberately. They understand that quantity alone is not enough as a goal, but still want to aim for maximum quantity.

Their practice intensity may not be very steady as occasionally they want push over their limits and sometimes they may take it too easy. Challenge is to be able to balance them properly. It may be that they are not so much guided by plans but the way they feel at the time, which may result in inconsistency in developing oneself. Sometimes they practice more but often only on those areas that they are comfortable with.

Ask your coach to provide situations where you can and need to push also when it is not the most comfortable for you. Ask them to help you recognize the situations when you can and perhaps should require more from yourself and when you can relax and recover.

### Development Tips for Extremism

- Find something so motivating that it makes you work with good focus and passion in all areas, not just on the comfortable ones.
- Understand that when aiming for excellence, pushing yourself and your boundaries is needed.
- Find ways to work hard also on areas that do not bring you so much joy.
- Make a list of what you need to develop and then make sure what you actually do develops all those areas equally.
- Do not change your plans during a practice.
- If possible, try to start with exercises that are the most difficult for you.

### NOTES

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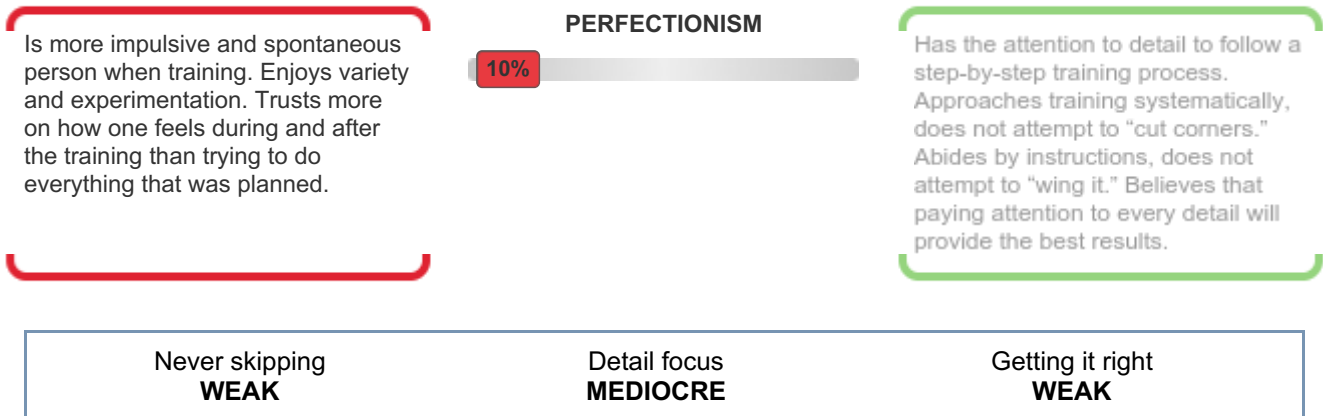
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## PERFECTIONISM

How much focuses on having every detail in place



They do not mind if something goes wrong in their performance or if plans change. After all, they understand that nobody is perfect. They can be considered as an agreeable and flexible team player. They are ok to change their practice plans and can adjust to others' needs. They are less likely to get anxious or depressed because they often have self-compassion and can live with occasional non-performance.

Generally speaking, they do not aim high or set as high standards as some others do. They can sometimes cut some corners and, for example, skip warm ups. It is easier for them to accept less, resulting in them not finding their limits and reaching their full potential.

Ask your coach to provide you with a list of things to do that are absolutely necessary for you to reach perfection. Go through the list together to help you understand what it means to be excellent at them. Find the motivators you need to perform the required tasks. Ask them to develop a relationship with you where you can be honest and tell if some things are not going as well as planned so that you can come up with alternative ways or resolve those situations together.

### Development Tips for Perfectionism

- Learn to shoot higher, set higher standards and act accordingly. It is not enough only to set standards but you also need to follow them.
- Understand the importance to also focus on details in order to improve or reach the next level.
- Learn to be more thorough with matters that can help your performance - being thorough is a good thing.
- Every day, add something to what you require from yourself.
- Remember that the day you skip a practice, your competitor most likely does not.
- Sometimes it is better to do less. However, whatever you do, do it perfectly.

### NOTES

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### COMPETITIVE POWER

How hungry is to win

Even though likes to win and achieve the highest goal, understands this is not always possible. Can see something good in own performance even when has not reached the goal. Also values the sport itself, focusing on stable and long-term development.

#### COMPETITIVE POWER

10%

Fixates all attention on how to win the competition. Is not willing to give in at any stage, and demands re-match until finds oneself on the highest podium. Being best is not as important as defeating others. Sometimes can even try to win at any cost.

Winning <b>WEAK</b>	Anything to win <b>WEAK</b>	Being first <b>WEAK</b>
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They do not blame others when losing but have a strong enough self-esteem and are smart enough to understand and admit one's own role in the loss. They work hard in order to achieve the goals but are not so much focused on a single victory - they understand the importance of the journey and process. They appreciate the sport and everything that comes with it too. They have a broader focus and understanding of why they are in sports.

Competition situations might be very stressful for them. They may get run over by more competitive players or people. They may not find new and creative ways to succeed since winning is not that important for them. They may give up more easily or be happy with the familiar ways and accept the results that they bring.

Ask your coach to have a discussion with you about competing: what is it that motivates you in competitions and how could you add those elements in your practices? Talk with them also about the competition days: what kind of approach could be beneficial when you simply need to win and how to deal with those situations?

#### Development Tips for Competitive Power

- Learn how to manage stress in competitive situations.
- Try to understand what is needed to make you fight harder at times when you give up.
- Beware of not getting too deep into your own process. Notice the team around you too.
- Could it be that your focus is not always on the most important things to do?
- Describe to yourself why you compete.
- Is there a possibility to improve your goal setting process?

#### NOTES

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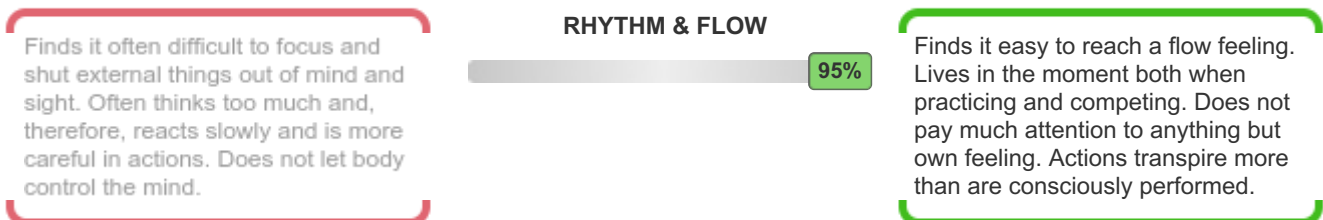
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## RHYTHM & FLOW

How easily can achieve and maintain a flow state of mind



Easy flow <b>STRONG</b>	No thinking <b>GOOD</b>	Rhythm <b>GOOD</b>
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Their success in competitions and practices is greatly based on their ability to find and maintain the flow feeling more often than with others. They are able to let thoughts go and immerse themselves in the moment. Time becomes irrelevant and they just live in the moment. Even though they have a good level of body and self-awareness, they can let go of self-control to achieve flow state.

They may not listen or communicate much with coaches or teammates when being in the flow state thus becoming distant from others. Sometimes they may come across as self-centered since they need the time to focus on themselves to reach the flow feeling. They may get obsessed about their feelings; how this or that should feel. They know how something should feel in order for them to be able to get to the flow state.

Ask your coach to analyze your performance afterward so that you can focus on the flow state during a performance. Ask them also to discuss what are the obstacles preventing you from getting into a flow state and try to remove those factors during a competition.

### Development Tips for Rhythm & Flow

- Keep living in the moment but make sure you also include a lot of repetition in your practicing.
- Try to avoid creating too many rules about what is required to achieve a good rhythm and flow.
- Keep developing new ways to get into the flow state in different environments and in different situations.
- Try to get your teammates involved in your flow feeling.
- Maybe you do not need to be in the flow feeling all the time. There are many things you cannot learn when you are in a flow state. Also, you should not be dependent on reaching the flow feeling all the time.
- Be careful not to push your body too much when everything feels so easy.

### NOTES

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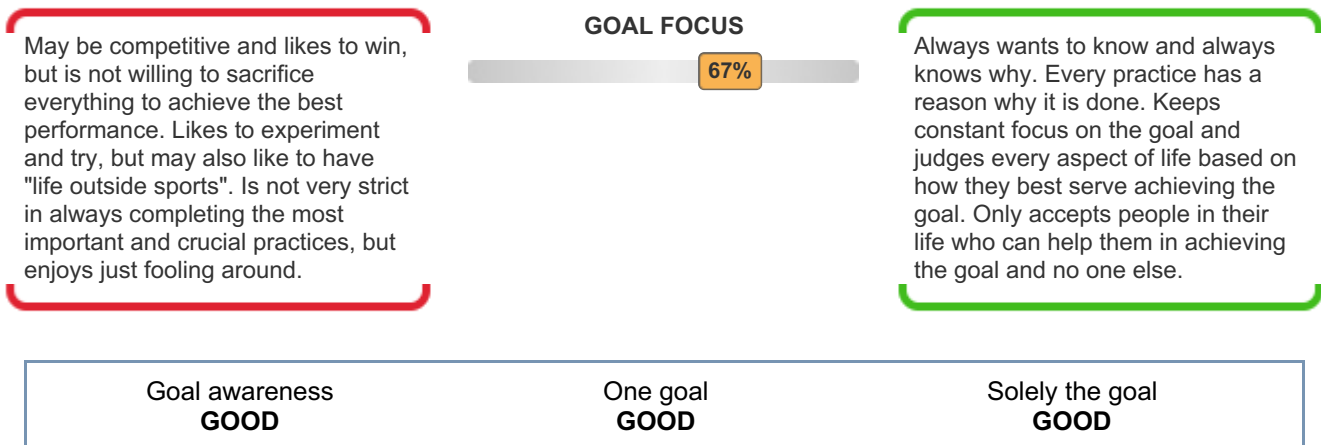
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## GOAL FOCUS

How focused is on the goal and how able is to understand if what you do helps achieving the goal



They like to set goals and reaching for the goals motivates them to do better. However, they are not always willing to sacrifice their whole life for them. They ask questions because they want to understand and need good answers in order to be fully committed. They often want to do the most important things to achieve the goal. They understand that it is still possible to both have fun and also to work hard for the goals.

Sometimes, especially when reaching the goal still seems far away after all the efforts, having fun is more important than trying something new to achieve the goal. They do set the goals but may fail in achieving them since too many other interests interfere with their commitment. Sometimes they can get stuck between two worlds since they are not fully committed to either one.

Ask your coach to give you more detailed instructions for setting goals and how to achieve them. Ask them to help you with keeping the most important goals on your mind and not to let you lose focus on them.

### Development Tips for Goal Focus

- Understand how much you are willing to, and how much is needed to, put on the line in order to achieve your goals.
- Make sure you are setting goals that are in line with who you are, detailed enough and, yet, not too easy.
- Get clear on where your strengths and weaknesses are and how to create an environment that supports your journey toward the goal the best. Plan carefully.
- Be realistic when you plan your training program. Look back to evaluate what you are truly willing to do.
- Set boundaries how much you allow yourself not to follow your plans. Respect those boundaries.
- Carefully consider what you really want from sports.

### NOTES

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## REPETITIVENESS

How well can concentrate on repeating practices

Is not a big believer in boring and repetitive practices. Wants to succeed at first try and, when feels "I can do this", is ready to move on. Believes in trying many different ways of practicing rather than just focusing on one way at a time.

### REPETITIVENESS

48%

Has the patience to repeat and continue with the same practice. Focuses well on each repetition and tries to improve from the previous one or to maintain the same level of performance. Believes repetition develops the best skills and a steady level of performance.

Liking repetitions  
**WEAK**

Power of repetitions  
**GOOD**

Just doing it  
**GOOD**

They understand the importance of repetitive practices, but may not enjoy or focus on them always with full effort. They do not force themselves to do repetitions just for the sake of repetitions. They know when their focus is lost or when the drill is not developing them anymore. Even though they aim for repetitions, they can also handle new practices and are willing to try them.

They are not always fully focused on repetitive practices. They do them but without proper focus, making the practice not very useful. Sometimes, they may struggle between switching focus from "should I do repetitive practices" and "should I try new things" and don't stay with one approach long enough to realize the results. If performing repetitive practices does not feel enjoyable anymore, they may not find the motivation to continue.

Ask your coach to monitor your repetitions to make sure they are performed well enough. Do this also with tasks that you are not best with or are not most comfortable to you. Ask the coach not to allow you to move on to the next exercise before you have properly completed the previous one. Ask them to constantly improve your focus and mindfulness when you do repetitions so that you truly focus and develop while doing them.

### Development Tips for Repetitiveness

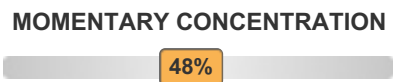
- Practice your skill to refocus on repetitive practices. Bring your focus back when you notice it is wandering around.
- Learn to understand what is better for you and when: the new whims or repetition drills. Have you mastered the previous skill already so you can start adding new drills?
- Find out the skills that truly need repetition. Put all of your efforts on completing the repetitive practices that develop those skills.
- Maybe you could start with the practices that requires most repetition. Leaving the fun part of the practice to the end.
- Can you make repetition challenging and more interesting? Maybe by competing against yourself?
- When you know you cannot continue with full effort, stop and come back later.

### NOTES

## MOMENTARY CONCENTRATION

How well can concentrate on the current step

Often finds one's mind drifting from one thought to another and stays alert to the happenings in the environment. Usually starts a practice or competition not fully prepared and may occasionally lose concentration and focus.



Has the ability to focus one's mind fully on the next practice or competition. Can block everything else out from the mind and does not let anything disturb the concentration. Does not become nervous or anxious but performs in a concentrated and focused manner.

Blocking out <b>GOOD</b>	Peace of mind <b>GOOD</b>	Focus on the moment <b>MEDIOCRE</b>
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At times, they are able to concentrate well, but mostly on things that they feel comfortable with or have a lot of experience with them. They are often aware what is happening around them. When something important happens, they are ready to respond if needed. Most of the time, they are able to compete by focusing on the moment. However, their focus may not last very long as they start thinking about the upcoming situations.

They find it sometimes difficult to know what to concentrate on. When they fail to concentrate properly, it may make them nervous, which again makes it more difficult to reach a proper level of concentration. They may lose at the last stages because it becomes more and more difficult to just concentrate when thoughts of the upcoming victory start disturbing the concentration.

Ask your coach to provide you clarity on what to focus on, when and how. Start with simple steps and ask them to help you with them. Ask them to bring your focus back when they think you are about to drift away. Maybe you can also agree on a signal that they can use to bring your focus back on the present moment and start practicing it in daily situations.

### Development Tips for Momentary Concentration

- Learn to develop the skill of concentration by defining the next steps you are willing and wishing to take.
- Do only what you are exactly thinking about at that moment. Do not try to control too many tasks at the same time.
- Learn to prepare yourself also for the unpleasant situations that still need your concentration.
- Finish what you are doing before even start planning the next task.
- Take a break between each drill to get your energy back for proper concentration.
- Make sure you are not tired when you are required to concentrate on something important.

### NOTES

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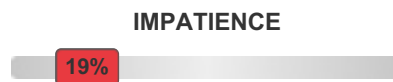


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### IMPATIENCE

How urgently takes what wants

Can easily wait for one's turn and is ready to change plans if the first plan is difficult to execute. Practices well with others and has no need to be the first in line. Usually waits before takes an action.



Has no patience to wait, but if feels that when wants something, usually takes it immediately. Does not wait for one's turn but grabs the attention of the coach or equipment at gym. Does not tolerate a team or staff that is not able to provide them what they need immediately.

No waiting <b>GOOD</b>	Being first <b>MEDIOCRE</b>	Now <b>WEAK</b>
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Remaining patient gives them emotional freedom and happiness. Seldomly anything is that important that it affects them negatively, even if it requires a longer wait time. They do not get frustrated easily which makes them also a nice athlete to work or practice with. They are confident enough to trust the process and know that their turn will come.

They may sometimes be used or run over by others if they do not stand up for themselves. Taking action may sometimes take them too long. It may be that they do not get everything done during a practice. They get uncomfortable in fast paced situations if they are not prepared for them.

Ask your coach to challenge you to make quick decisions in the practices or in everyday matters to illustrate the benefits of making fast decisions. Ask them also to demand you to set some boundaries when you need to stand up for yourself. Make sure you stick to those rules you set for yourself.

#### Development Tips for Impatience

- Sometimes try to make quick decisions based on intuition to practice faster decision-making.
- Staying patient does not mean allowing yourself to be used by more impatient people. Keep that in mind.
- Understand that patience is power when it is not transformed into passivity or resignation.
- Try to be a few steps ahead of the current moment and start collecting resources for the future need.
- Make a list in advance of what you will be needing and from whom - and communicate it to them.
- Defend yourself and your needs - nobody fights for you.

#### NOTES

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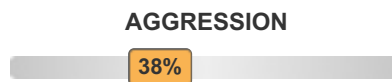


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### AGGRESSION

How well uses aggression to one's benefit

Is often respected by opponents and team members for their ability to give room for others. Exercises polite behavior with everyone. Does not like to show extra aggression and is able to maintain one's temper even when facing opposition.



Is always willing to challenge and is not afraid of anyone. The stronger the opponent or the more difficult the situation, the more it turns them on. Is not always seen as a nice person, but as one who has either future or current enemies.



They have some temper and are aware of it. This makes it easier for them to train it and keep it under control. They do not get afraid when facing challenges, although in most situations they would prefer things to cool down without extra aggression. They are assertive and can stand up for themselves most of the time, yet being open for compromises.

Occasionally, they may get irritated and snap at others, but realize the effect of their behavior and understand the need to apologize too. They can get frustrated which sometimes leads to a surprising negative aggression. At times, they may take foolish risks just because they like the challenge and like to be driven by challenging situations.

Ask your coach to show you the situations when you could act smarter instead of solely being led by your aggressive emotions. Ask them also to point out when you could have chosen a stronger approach instead of a less assertive approach. Ask them to be straightforward with their communication with you. Agree on signs how you can know when your temper is rising and you need to stop and think if it is still beneficial to continue.

#### Development Tips for Aggression

- Playing smart is sometimes more efficient than letting emotions control the game and decision-making.
- Learn to control your temper and recognize the situations when you most often get frustrated.
- Use assertiveness to your advantage. You can be both direct and polite.
- You often do this, but try to always analyze before reacting.
- Make sure you know with whom it is worth to be aggressive and with whom it will not work for your benefit.
- Make sure you always treat fairly people who are important to you.

#### NOTES

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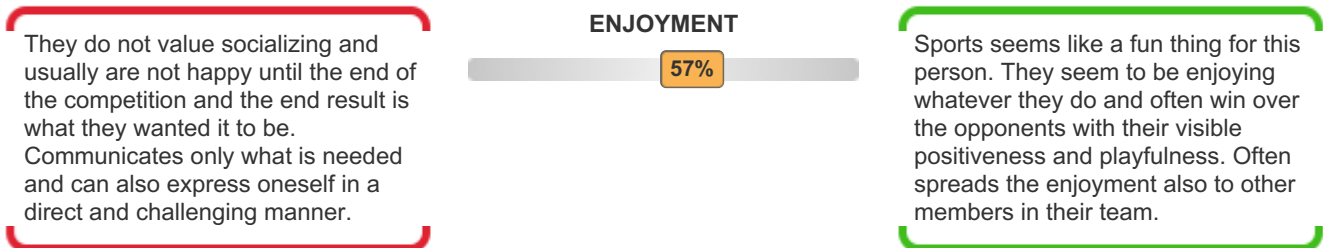
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### ENJOYMENT

How much is able to have fun in competitive environment (and influence the moods of people around)



Influencing others <b>WEAK</b>	Power of play <b>GOOD</b>	Having fun <b>STRONG</b>
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They understand the importance of having fun in sports and know the benefits of it. They are playful especially when with other playful athletes or staff. They get along well with other people and maintain a good atmosphere. They may not be the one who can turn the negative mood into positive, but are definitely among the first ones to support those who can do that. They are often satisfied with practices and competition if they had fun or the end result was good. They can find the positive in both.

They may be in a positive mood, but do not always express it to others. They would like to have fun and enjoy but do not always know how to. They may simply not know how to influence the mindsets of other people. They are not always spreading the enjoyment but focus more on their own efforts and concerns.

Ask your coach to bring out the fun part in you when you start to get more serious for longer periods. Ask them also to remind you about how to help the team atmosphere to stay fun and enjoyable. Ask the coach to challenge you to take a role in maintaining the team spirit.

#### Development Tips for Enjoyment

- Develop ways to find joy in everyday practices and trust the process. End results are just end results. You should be able to find ways to enjoy the journey.
- Remember to support others and make them feel happy too. It helps you if people around you are also happy. Switch your focus from inward to outward when you notice getting stuck in your mind.
- Having fun does not mean that something cannot feel burdensome. Keep going through the tougher patches too. There are different phases on the journey and they keep changing.
- Try to talk about positive issues with people near you more often.
- When you feel like it, do something fun and foolish.
- After practices, ask yourself if you had fun. Recognize why yes or why not. Is there something you can do about it?

#### NOTES

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## BOUNCING BACK

How long continues fighting against failures and setbacks

Seldon has the grit to continue to reach for challenging goals after setbacks. If something does not work out well, loses motivation quickly. Is not guided by what wants to achieve but rather by what can easily be learned or done. When facing setbacks, finds it hard to get up stronger than before. Can accept failures.

### BOUNCING BACK

67%

Does not take an easy route when wanting to develop certain skill and does not accept it being unattainable. Is ready to work long hours, try different approaches, repeat and repeat until is happy with the end result. If fails, comes back even stronger.

Motivation from failure  
**GOOD**

Not giving up  
**GOOD**

As many times as it takes  
**GOOD**

They are willing to put much time and effort to achieving goals but setbacks, such as injuries, might slow them down for awhile before they find the motivation to fight again. They understand when being persistent or resilient is causing more harm than good and when it is time to give up for the day - even if today's practice did not go as planned and hoped for. They do not fall after the first disappointment but are willing to try again. However, if the road to success seems too rocky, they may give up.

Sometimes they may give up at the crucial moment because they have not seen good results in a while. They may not be able to correctly anticipate when results will come. They struggle with long-term goals and commitments. Fighting for mid-term and short-term goals is much easier for them. The bigger the setback, the more difficult it is for them to come back.

Ask your coach to help you to develop a network around you to guarantee the support you need to stay accountable and get up faster after disappointments. Ask them also to help you to recognize when you have done enough and when it is time to move on or rest. Ask your coach to have a plan B (or develop one together) for the possible setbacks so that your comeback happens faster and has the support it needs.

### Development Tips for Bouncing Back

- You have some persistence in you - sometimes it is just hiding. Try to reveal it by finding out what are you passionate about.
- Make sure you understand that the long-term goals are achieved by being persistent also in the little things and every day.
- Focus on getting your mindset right as fast as possible after the possible injuries. The faster you get up, the faster you recover.
- Decide if you want to give up. If not, do not give up.
- Realize that if you start doubting your chances, you have already lost.
- When coming back and trying again, have a clear goal how you make sure the next effort exceeds the last one.

### NOTES

## DISCIPLINE

How disciplined stays in following plans and not letting anything disturb completing what needs to be completed

Is an emotional athlete who lets the day's feeling determine how strictly the plans are followed. Prefers to do something else if the planned activity does not feel easy to do or if extra effort is required.

### DISCIPLINE

67%

Shows up as a disciplined professional who plans the practices and sticks to those plans. Does not let tiredness, lack of motivation or difficult circumstances interfere with sticking to the plan and executing it.

No exceptions  
**GOOD**

Sticking to the plans  
**STRONG**

Doing what is needed  
**MEDIOCRE**

They stay disciplined in matters they consider important but not in every little detail and not in all situations. They need some freedom from the plans. They have the ability to adapt and adjust if situations change. It may need some time before they can refocus and reorganize everything again. They have a good combination of self-discipline and self-compassion. They understand the benefits of being flexible.

Sometimes they can lose focus if something does not go according to their plans and routines until they learn how to refocus and reorganize. They have hard time saying "no" to people and other interesting opportunities even though they know they should. They worry about things that should be done and never feel ready unless they have clearly defined goals and standards for each day.

Ask your coach to talk about the situations when it may be smarter to say no and also how to do that if it is difficult for you. Ask them also to plan together a list of situations when you need to be disciplined and also to hold you accountable for them.

### Development Tips for Discipline

- Prioritize the tasks that you need and want to be disciplined about. If you feel you cannot do everything, make sure you let go of the less important tasks.
- Remember that the faster you adjust and adapt to a situation, the faster the worry is over and you can again focus on the essential, like a practice.
- Learn to say "no" and identify situations that are taking more energy from you and are not taking you forward.
- If you reward yourself with something nice, make sure you have earned it.
- Start a practice only when you are ready to complete it fully.
- Observe how people with better discipline do things.

### NOTES

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## PRESSURE CONTROL

How much can take pressure without pressure affecting their performance

Is often an athlete who performs better in routine competitions than those that come with extra pressure. Has the ability to maintain average performance at a steady level and prefers not to have any particular moment to be more important than another.

### PRESSURE CONTROL

22%

Has the ability to perform at a high level even when facing pressure or high expectations. Often actually performs better when the risks increase or rewards are higher. Can stay cool and does not let emotions or fears take over.

Keeping the cool  
**MEDIOCRE**

Pressure performance  
**MEDIOCRE**

External pressure  
**MEDIOCRE**

They are very stable at practices. They usually have their best moments in practices and when nobody is watching them. They may push other people to perform better in practices because they are a “practice performer” who gives their all in everyday situations. They do not need special motivation to excel but perform at their best in normal and routine situations.

They may fail to handle the pressure. Knowing this makes it even harder for them to control the pressure. This may lead to underperformance. They may take it very hard if they underperform in situations when others expected them to perform well. They may not be trusted among the team members after failing in a pressure situation. They struggle with self-confidence after failing a few times under pressure and fall into “I can’t handle pressure” mode.

Ask your coach to understand that this is not your greatest strength and it may hinder your success. Suggest working on it together with your coach. Ask them to help you get through the pressure situations and make a plan together how to adjust and what to do before, during and after those situations.

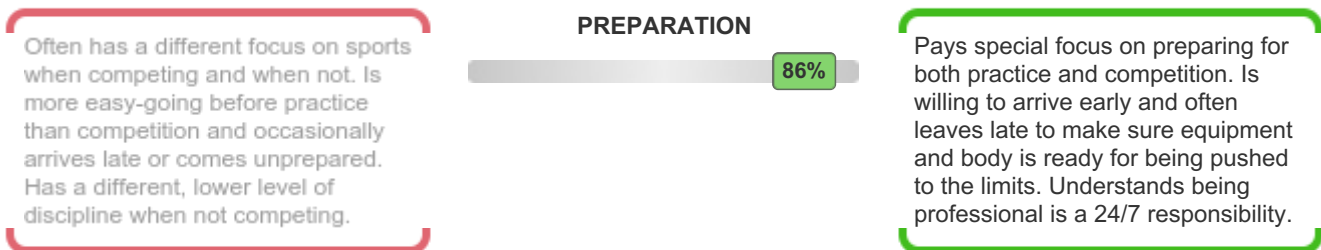
### Development Tips for Pressure Control

- Start developing on the idea that nothing changes when you face pressure. It is just an idea that you create in your mind and you can control your thoughts.
- Practice mindfulness techniques to calm yourself down and start using them in practices. If the competition is tight and it is your turn to perform, what is different? When you realize that nothing in your skill set has changed despite the notion of pressure, you will become stronger in those situations.
- Facing pressure situations in everyday practices and gaining the proof that pressure is just a thought, helps you to rely on the work that you have done in the practices. That is all that is needed to perform well in high pressure competition situations.
- Make it clear to yourself before the competition starts whether or not you are willing to give up.
- Practice enough to know that in competition you can do well even if you do not reach the same level as you do in practices every day.
- Have you ever thought about that your competitors may experience more pressure than you do?

### NOTES

## PREPARATION

How important considers putting focus on taking care of all possible preparation activities



Perfection in preparation <b>MEDIOCRE</b>	Preparing to win <b>STRONG</b>	Routines <b>STRONG</b>
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They are prepared for everything at all times, leaving nothing up to chance. This gives them competitive advantage over those who come to competition not as prepared. They do not feel they are sacrificing anything even though they always show up early for everything and pay extra attention to being ready. They are a great example of professionalism, taking care of the things that are under their control as well as possible. They gain extra confidence with their preparation routines.

They may put too much focus on preparing themselves for all possible situations and outcomes. The distracted attention may actually reduce their level of performance. Getting ready may become more important than the actual performance. It may also be very energy consuming to always be perfectly prepared for everything. They lose confidence if they were not able to fully perform their preparation routines. For example, if they do not get the same snack before a competition, they may "decide" their body is not properly prepared for the competition.

Ask your coach to help you to understand what are your responsibilities in preparation. You do not need to take care of everything if the coaches are already taking care of something. Ask them also to discuss with you about how you do your preparative actions and try to understand what is too much and what is enough.

### Development Tips for Preparation

- Make sure the things you are prepared for are all necessary.
- Do not let it distract your focus too much if something in your preparation does not go as you have always done it. In the end, your performance is still what counts.
- Preparation is really helpful and gives you confidence. Just be aware that your focus stays on the right matters and that you do not shift it to getting prepared for too many things.
- Critical analyze what benefit each of your preparation routine brings to you.
- Continuously develop your preparation routines. Do not do it by increasing the number of them.
- Every now and then, find out what is your least important preparation routine and try to skip it.

### NOTES

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## OPTIMISM

How strongly believes that all good things will happen at the end

Has hard time believing that will make through the challenges and that challenges could make them stronger. Believes more in pessimism - if you do not have high hopes, you will not get disappointed either. Feels stronger without too much optimism.

### OPTIMISM

67%

Has a strong belief, also during hard times, that something good will come out of this. Does not give up hope and has the confidence to trust they will find the way to get over challenges on their way.

Recovering  
**MEDIOCRE**

Positive thinking  
**GOOD**

Power of trust  
**STRONG**

They have an optimistic attitude in some matters in their life and, in general, are more optimistic than pessimistic. When difficult times persist, they may need some time and help to regain their optimism. They do possess it but may temporarily lose it. For example, they may take losses very seriously and let them bug them more than they should. However, after a while, they usually get the faith back. They believe that something good can come out of difficult times but occasionally find it hard to come back from the difficulties.

They may spend too much time in negativity when facing adversity. They will find their way out eventually, but that could have been done quicker. Sometimes they are doubting and accusing themselves too much of being too optimistic and wish to be more pessimistic the next time something bad happens. Or vice versa, they accuse themselves of being too pessimistic and wish they will be more optimistic the next time. They do not prepare themselves enough for adversities as they believe they will not lose faith in themselves. However, sometimes this happens leaving them with no plan B.

Ask your coach to discuss with you how your attitude may affect your performance and if a more optimistic approach could benefit you. Ask them to challenge you to change some little things in your thinking when you know you could or should do better. Ask them to help you to deal with negative feelings.

### Development Tips for Optimism

- Remember that you do not have to solve everything alone. Ask for help when you know you need it and prepare yourself better for the possible adversities.
- Do not blame yourself for something that you cannot control.
- Find ways to let go quicker of negative emotions and feelings. Do not let them take over your life and learn to understand that sports is still only one part of your life.
- Be prepared for the doubts that will come at some stage.
- At difficult times, don't let your emotions take over. Analyze the situation, make a decision and move on.
- Make sure you always have one extra gear to use when needed.

## NOTES

## SENSING INTELLIGENCE

How sensitive and aware is for the outer and inner stimuli. How willing and capable is to understand the stimuli.

Is rarely aware of different internal or external stimuli and is not trying to analyze how they influence oneself and the environment.

### SENSING INTELLIGENCE

67%

Is sensitive to all stimuli around themselves; internal and external. Is aware of different stimuli and how they affect them. Can use their senses and understanding of the situation to their advantage.

Awareness of emotions  
**MEDIOCRE**

Adjusting behavior  
**GOOD**

Managing emotions  
**GOOD**

They can often recognize important, invisible things in their environment. They understand why they themselves and others behave and feel the way they do, but do not always know how to utilize that knowledge. They can analyze their behavior and emotions in some situations, especially if they have the time. This helps them adjust their behavior better.

They understand themselves and others quite well, but when rushed, may still fail to apply the best behavior or make the best decisions. They may get lost in worrying and over-analyzing because they are not completely aware and comfortable with who they are or how they are behaving. If they get offended by comments of a fellow teammate or coach, they may not be able to let it go. Instead, they let it affect their performance.

Ask your coach to constantly educate you about the controllable and uncontrollable matters so that you understand when your mind gets stuck with things that are not worth worrying about. It will reduce the clutter in your mind. Ask them also to challenge you to trace back where those feelings are deriving from and why. This will give you both a better understanding of your feelings and how to manage them.

### Development Tips for Sensing Intelligence

- Learn more about what positive aspects will be added to your life by being sensitive to others' feelings. Start considering it more as a benefit, not a liability.
- Try to let go of over-analyzing and instead focus on yourself and things you can control. You cannot please everyone.
- The faster you get over of the comments of others, the faster you will perform at your best level. Choose if you want to let negative emotions affect you now or if they are something you can deal with later on.
- You can talk to other people when you recognize they are emotional, and ask how you can help (instead of guessing).
- Practice blocking everything out from your mind.
- Find a balance between being selfish and acknowledging the needs of others.

### NOTES

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## HOW HIGH IS YOUR HIGH - Rhythm & Flow

This section will focus on one of your strong competences. First, the section goes deeper into the meaning of this competence. Next, it describes what the competence can be at its best, what challenges it may create and how to overcome those challenges.

### 95% Rhythm & Flow



Flow is the mental state when athletes feel oneness with the task that is being performed and they are totally absorbed in the task. It is a state of mind that aids the athletes to achieve optimal performance. Having good rhythm and flow can be your way to the top level if you find ways to access it often enough and purposefully. Below you can find more information about how you can achieve greatness through rhythm and flow.

Flow has been researched and the results suggest that there are a few different dimensions to it. How many of those can you recognize from your experiences of flow?

Firstly, flow can be divided into micro and macro levels. “Micro flow experiences” refers to everyday life experiences and “macro flow experiences” refers to higher complexity and demand levels. One requirement to flow is the balance between challenge and skills. When they match, the flow is more likely to occur. The other requirements are connection with the task (feeling of being at one with the task at hand – a sense of harmony), clear goals (knowing exactly what you are doing and why), concentration on the task, time transformation (the perception that time “fades” or the previously fast-paced situation feels to slow down), and an autotelic experience (a feeling of being fully focused on the task and everything happening almost by itself).

Flow is where the magic happens. The fact that you score high on this competence is fantastic. You have the ability to achieve that magical performance level that the best of the best use. We help you to understand more about the rhythm and flow, how it is achieved and how you can get there more often. Peak performance is what is needed at the elite level. Imagine how much it can benefit you if you can increase your ability to achieve flow in competitions.

When you get a better understanding of what increases your likelihood to achieve the flow, the flow state becomes more accessible to you – and the results will be astonishing. Think of Lionel Messi.

When you are in the flow, you have an opportunity to move beyond your average performance. This opportunity will also depend on your ability to manage stress and emotions that are often present in big competitions. The outcomes you can achieve through the higher level of flow experience are definitely working as a platform to help propel you to the top. Flow state gives you that extra power that is needed at the top level where everyone is talented and it comes down to who can increase their performance at the moment of the competition.

Sometimes trying too hard to get into the flow state is the obstacle to achieve it. You do not control it but flow happens by accident. After having had a flow experience, be aware of what you did before it and what dimensions mentioned above were involved? Try to achieve rhythm and flow also in practices to become more aware of the triggers that enable flow state for you.

Practice mindfulness, focusing on this moment and clearing the mind. Learn the techniques to relax and let go of self-consciousness. Focus on the present. Seek ways to enhance the dimensions and learn what works for you. Flow is always experienced in the present moment and experiencing it more often is the goal. Good news is that it is trainable, like muscles.

When you are in your fullest potential with this competence, everything unnecessary around you fades away. There is only you and the performance. You know exactly what you need to do and when. You are both relaxed and extremely focused. There is a sense of enjoyment and your instincts guide you. It feels like you are one

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step ahead. There is no need to analyze or think. Your mind, body and the task all feel as one and work in harmony.

"It's the zone where everything flows so effortlessly and you are executing automatically everything you are intending to execute. You don't need to think too much." - Novak Djokovic

The rest of this section will identify ten situations relating to this competence. They can be check points to find out if you are using the competence fully and to your best advantage – giving you an idea how to improve the use of the competence. To reach the top in your sport.

### HOW HIGH IS YOUR HIGH - My check points

#### 1. Fake or true flow

How do you know you have reached a full and true flow state?

Do you reach a flow by telling yourself that “now I switch to flow feeling”? When in the flow, do you realize that you are in it? Do you try to boost the flow feeling when you are in the flow? When you are in the flow, do you still observe the environment? Are you able to abandon the flow when you want? If you answered “yes” to any of the above questions, you may not have experienced a true feeling of flow.

#### 2. Controlling the flow

Do you reach the flow accidentally or are you able to create it when you need it?

Do you usually reach the flow when you need it? Can you see a true change in your behavior and performance when in the flow state? Is it difficult to reach the flow? Can you predict when you will reach the flow state? Is the flow working for your advantage? Do you benefit from being in a flow state?

#### 3. Flow triggers

Are you aware of what is needed to reach the flow state?

Do you always reach the flow in a certain situation? Do you have your techniques to reach the flow? What needs to happen for you to get there? Can you reach the flow feeling in any place and any time? Is it a gradual process or does it happen suddenly?

#### 4. Thinking

Are you able to stop thinking when you are in the flow state?

What goes on in your mind when you are fully in the flow state? Do you recognize you are in the flow? Do you think about yourself being in the flow? Are you able to completely stop thinking and just enjoy the journey? How much do you remember of what happened during the flow? How conscious are you about what you are exactly doing?

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5. Maintaining the rhythm

How do you maintain the good rhythm you have achieved?

When everything feels easy and happens almost by itself, how do you make sure the feeling is continuous as long as possible or needed? What techniques do you use to keep yourself in the performance rhythm? Do you talk to yourself? What are you thinking about when everything feels easy? Can you maintain the rhythm during breaks and timeouts?

6. It is like dancing

When you are in a rhythm and flow state, is it like dancing to you?

Are you able to just let things happen? Are you able to let your “dance partner” lead you? Do you have your mind fully focused on the step you are currently taking? Can you feel the enjoyment of taking that step? Have you forgotten all the worries about the next steps? Are you aware of the time or does it feel like an endless moment? Can you feel yourself smiling or do you produce an extra amount of adrenaline?

7. Self-control

Are you able to put all of your focus on controlling yourself?

When in a good rhythm, is all of your focus on yourself? Are you able to not think about or observe others? Do you feel that you control your body? Are you able to exclude all feelings of weaknesses? Do you know exactly what you can do? Are you able to let go of hesitation? Can you keep your mind clear and focused on the current performance? Does the rhythm help you be in charge?

8. Time

Do you pay attention to time or does it become irrelevant?

When in a competition or practice, are you always aware of the time? Are you aware of what still needs to be done and how much time it will take? In what situations does time go by fast and in what situations does it go by very slow? Can you see a difference in your performance between those two situations? How could you not pay attention to the time? Does keeping your focus on time affect your performance?

9. Blocking everything out

How do you clear your mind?

Are you able to completely clear your mind and just focus on your current performance? How does it feel when you are not thinking? Are you ever practicing or competing without hearing what other people say or observing what they do or letting anyone get your attention? For how long can you keep your mind void of new thoughts?

10. Being the best you

How well are you using your high Rhythm & Flow ability to become the best yourself?

Are you a thinker or performer? Are you able to exclude everything from your mind and just enjoy performing? Is the flow feeling working for your advantage or is it taking your attention and focus away? Are you a conscious doer or fully focused performer who has blocked everything else out and just enjoys the journey?

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## HOW HIGH IS YOUR HIGH - Preparation

This section will focus on one of your strong competences. First, the section goes deeper into the meaning of this competence. Next, it describes what the competence can be at its best, what challenges it may create and how to overcome those challenges.

### 86% Preparation



By preparation we refer to the mindset of athletes mentally and physically preparing themselves for the competitions and practices in order to create the optimal level of readiness. Being prepared can be your greatest strength if you learn to utilize it to the maximum. Below you can find more information about how to achieve greatness through preparation.

Being able to prepare properly to every event is one of the assets elite athletes have and it means being prepared both physically and mentally. Are you using it in both domains?

Preparation consists of two parts: routine actions and routine thoughts tailored to the individual needs at the moment. Actions are getting your body ready for the performance. Usually they are based on established routines. Quality actions with a quality focus. Thoughts include self-talk and imagery. Self-talk is positive, relevant, and concise. Imagery helps you to go through different scenarios. Imagine the skills you are going to execute, how you feel, and what you will do in different situations. Prepare also for possible setbacks and distractions, and how you are going to solve them. All this reduces surprising situations enhancing your ability to thrive.

Top athletes are very well prepared and you have the ability to develop this competence to the elite level. One of the greatest benefits of preparation is that it evidently leads to a higher self-confidence because being prepared gives you power and readiness. You are ready to perform and you have plans in case something does not go ideally. In sports you cannot always reach perfection. When you learn how to prepare for different situations, there will be more successful moments because you are not going to be surprised or paralyzed by them. You do not get nervous. There is no reason. You have the ability to keep going with good focus and confident energy.

When well prepared performance meets with confidence, the results will be astonishing. Think of Rafael Nadal.

The other great thing about preparation is that it is mostly under your control. You can decide what you want to do and what makes you feel ready for the competition. Make sure you have the same routines in practices to make them easy and effective to use when the stakes and pressure are growing. The absolute advantage this competence creates for you is that well-prepared athletes are far more capable of performing at a higher level constantly. You know what you have practiced and why. Therefore, you will be more successful in performing when it matters. Reaching the top is done by constant excellent performance and you can do that.

Sometimes being prepared and having routines are confused with superstitions. Superstition is a belief that certain actions are going to lead to certain outcomes and often these are rationalized by past successes or failures related to certain actions. Superstitions create limitations. Preparedness gives you freedom, superstitions often creates worries if some action would be overlooked.

Elite performers have the ability to separate realistic threats from those that will not have effect on performance. They have the ability to control their emotions and re-focus on things that can be influenced and play a role in preparation. Having this ability will allow you to be absolutely confident also when preparations are not as perfect as you would want them to be. Athlete who has also prepared themselves for various situations, is quicker to recover and will not let anything disturb their performance. Having back-up plans and emotional control will make you unstoppable. You are more prepared than others and that is your elite strength.

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When you are at your fullest potential in this competence, you are in the zone. Your mental preparation was spot on. Your physical preparation was done with good focus and your body and mind are ready to perform at an optimal level. You have done everything that needs to be done and this gives you superior confidence. Now you can just let go and enjoy the ride.

“The key is not the will to win. Everybody has that. It is the will to prepare to win that is important.” – Bob-by Knight

The rest of this section will identify ten situations relating to this competence. They can be check points to find out if you are using the competence fully and to your best advantage – giving you an idea how to improve the use of the competence. To reach the top in your sport.

### **HOW HIGH IS YOUR HIGH - My check points**

#### 1. Over-preparing

How do you know you are not over-preparing?

Do you define beforehand what your preparation will include? How do identify when you are ready and prepared? Do you like preparation activities? Do you start preparation too early? Do you think about preparation tasks beforehand? When entering the competition arena, can you feel if you have prepared enough or unnecessarily much? Is it possible to over-prepare?

#### 2. Preparing your body

What do you focus on with physical preparation?

Do you give enough emphasis to all physical preparation tasks? Is there something you like to do and something you rather not? How and how much do your preparation tasks change over time? Do you prefer to do your preparation alone or in a group? How do you measure the success of the preparation tasks? How do you compare your preparation routines to those of your competitors?

#### 3. Preparing your mind

What do you focus on with mental preparation?

How do you prepare your mind for (to) an upcoming competition? What is the most important aspect in getting yourself mentally ready? What is your self-talk like? Do you consider (cover) all possible situations in your mind? How does a poor mental preparation influence your performance? Do you include your competitors in your mental preparation? What is the best time to prepare your mind?

#### 4. Preparing for the sake of preparing

Do you identify when your preparation is just a useless routine?

Have you ever noticed doing some preparation tasks at a half focus and half efficiency? How often do you critically consider what you are doing and what you should be doing to prepare as well as possible? How long have you followed the same preparation routines? Do you ever observe how your competitors are preparing for a competition? What is unique in how you prepare yourself?

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5. What do you sacrifice?

By preparing well, do you sacrifice anything?

Is preparation always fun for you? Do you try to get it done as quickly as possible? Do you feel bad if you occasionally skip some preparation steps? Is preparation, in your opinion, as important as the actual competition? Is there something that does or would disturb proper preparation and, therefore, you try to avoid it? How much time do you set aside yourself before a competition?

6. Superstitious routines

What are your superstitious routines?

Every athlete has superstitious preparation routines – what are yours? Do you want to have them or are you not able to abandon them? Have you ever just dropped a useless routine? Have you noticed that new superstitious routines could easily arise, and that you have to consciously tell yourself not to fall into that trap? How do you know when you should abandon some routine that you are now afraid of skipping?

7. Being unprepared

What happens if you fail to prepare?

Have you ever entered a competition unprepared? How was your performance different at that time? Did you learn anything from it? Do you think you should occasionally try new routines or just skip some and see how that affects your performance? If you are not able to prepare fully, do think you will self-talk yourself into failing in a competition? How dependent are you on always doing everything the same way before a competition?

8. 24/7 preparation stress

How much stress does constant worrying about having to prepare better cause to you?

Do you worry all the time? Do you often feel that you should have had more time to do one more thing to be able to perform fully? During a competition, do ever think of how you prepared for it and what you possibly should have done? Do you ever walk to the competition feeling fully ready and confident? Are there times when you take things easier and don't worry about everything you should do?

9. What can happen?

What are the bad things that can happen if you do not prepare?

What are you afraid of in a competition? Do you think that those who beat you, prepared better for the competition? Do you change your preparation routines after a bad competition? Are you blaming yourself after a bad outcome in a competition? What are the outcomes of bad physical and bad mental preparation?

10. Being the best you

How well are you using your high Preparation to become the best yourself?

Are you sure that all of your preparation routines are the best ones possible for you and exactly what you need? Do you develop your preparation routines constantly or do you stubbornly hold to what you have always done? Do you give enough focus to your routine actions and routine thoughts?

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## HOW LOW IS YOUR LOW

We cannot be good at everything. Not even the best can perform in every aspect of sports equally well. This part of the report focuses on those competences that you did not score high. It is fine if you want to develop them. This report does not focus as much on how to develop them. Instead, it tries to help you to make sure they do not become bottlenecks to your success and rise to the top.

Next, we will give you some points to think about for each competence. They may not alone help you to avoid the challenges that a low score with that particular competence may create, but should provide you with some ideas or realizations.

### Egoism

10% Egoism



The basic idea of Egoism is that you prioritize your own interests over the interests of other people. Athletes with High Egoism also enjoy and get extra energy from being in the spotlight and the focus of other athletes.

As you scored low on Egoism, it means you do not consider these qualities to be among your greatest strengths. You probably do not need to become truly strong on Egoism, but it may still be good to notice that there are risks involved if you completely ignore it.

#### RISK FACTOR 1: Losing space

If you learn to put your own interests at least sometimes in front of others, you create space for yourself and for your needs and wants. Getting your needs fulfilled helps you to feel more relaxed and concentrated when you can focus on yourself and the matters you need to do instead of prioritizing others' needs. How can you create more space just for yourself to focus on what you need?

#### RISK FACTOR 2: Getting bossed around

Developing more Egoism will help you to set limits more firmly. Setting limits means, for example, how you can be treated. Establish a value for yourself and what you can tolerate and what not. This is also one way to learn to respect yourself more and earn the respect from others as well. What limits do you wish you could have? What limits do you wish people would respect?

#### RISK FACTOR 3: Missed development and recovery chances

Being nice is ok but sometimes it takes its toll. If you learn to think about and value yourself a little more, you might benefit from it in your performance as well. For example, if you drive other team members home from practice every single night and you lose one hour of quality sleep because of it, you risk your development and recovery. Will it be worth it?

#### RISK FACTOR 4: Choking under spotlight

People with high Egoism are shining in the spotlight. They can use the attention to empower them in the competition. What happens when you are put in to the same situation? What are your methods for utilizing those situations to your advantage?

#### SUPPORTING COMPETENCES

Even though all the competences are independent from each other, some competences can be used to compensate for the lack of another competence. For Egoism, they are High Competitive Power, High Goal Focus and High Aggression. In your results, none of these three supporting competences are high, making it more difficult to use the other competences to compensate for the Low Egoism.

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**PREVENTING COMPETENCES**

Some other competences may make it more difficult to develop a competence with a low score. For Egoism, they are High Optimism and High Sensing Intelligence. In your case, none of them applies. This is a good thing if you want to develop your low score on Egoism.

**Self-Care****10%** Self-Care

Self-Care refers to the activities done in order to take care of oneself and achieve more stable and healthy state mentally, emotionally and physically.

As you scored low on Self-Care, it means you do not consider performing these activities to be among your biggest strengths. You probably do not need to become truly strong on Self-Care, but it may still be good to notice that there are risks involved if you completely ignore it.

**RISK FACTOR 1: Getting injured**

There may be times when you focus strongly on responsibilities that normally belong to Self-Care. However, performing preventive exercises to recover from an injury is not the same as performing preventive exercises to prevent an injury. Preventive exercises and other self-care tasks should also be done when you have no problems. Can you take a risk of getting injured because of the lack of Self-Care or do you have another method to make sure you do not injure yourself or burn yourself out unnecessarily?

**RISK FACTOR 2: Missing the top shape**

People with high Self-Care score are willing to take care of their bodies and see how far they can get. If they reach the top, they are more likely to get there with a healthy body and mind. This allows them to stay longer in top shape which increases the chances for winning. How could you increase the likelihood that you can sustain a healthy body on the journey to the top?

**RISK FACTOR 3: Shorter career or success run**

If you get to the top, remember that Self-Care is one of the keys to stay there and last longer. You need to stay healthy to battle against the best and time. Care about yourself enough to take better care of yourself. Or care about your career and future enough to do so. After all, Self-Care is all under your control. What are the tasks that you can take care of to ensure that it will not be your fault if your winning streak or success comes to an early end?

**RISK FACTOR 4: Lost opportunity to explore limits**

You are more likely to achieve your best if your mind and body are at optimal health and allow you to reach the highest levels of your performance. If you are never at your optimal state, can you ever truly find out how great you could become? How can you make sure your body can handle the moments when you need to reach your limits?

**SUPPORTING COMPETENCES**

The following competences may help if you are low on Self-Care but high on one or more on these competences.

**High Preparation:** As you scored HIGH on this competence, you are likely to have Self-Care as part of your preparation routines in order to be as prepared as possible. This is something that high Self-Care person would also do.

**PREVENTING COMPETENCES**

Some other competences may make it more difficult to develop a competence with a low score. For Self-Care, they are High Extremism and High Impatience. In your case, none of them applies. This is a good thing if you

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want to develop your low score on Egoism.

## Perfectionism

10% Perfectionism



High Perfectionism is defined as a characteristic in personality that reflects obsessive pursuit toward exceptionally high standards, a constant need to strive for flawlessness and a tendency to be overly critical. It can touch all areas of life, work, school, sports or social settings.

As you scored low on Perfectionism, it means you do not consider these qualities to be among your greatest strengths. You probably do not need to become truly strong on Perfectionism, but it may still be good to notice that there are risks involved if you completely ignore it.

### RISK FACTOR 1: Losing competitive advantage

Gaining competitive advantage over your competitors does not usually require you to be perfect with everything, but to be perfect, or the best, at something. If nothing else, could you consider selecting one area where you can aim to do things as well as you can in order to achieve excellence (perfection) in it? Develop one of your qualities to become a top-notch quality that you can use to your advantage in the competition.

### RISK FACTOR 2: Not having relentless pursuit to develop

Perfectionism will teach the pursuit for excellence. Will you ever get to the excellent levels if you overlook the details in everything or in sports? Are your other qualities so overwhelming that you can overlook the pursuit to perfectionism?

### RISK FACTOR 3: Being great or average?

One thing that is worth considering is that there are areas that require carefulness and thorough approach if you want to reach the top. Do you know what those areas are? Are you willing to possibly risk your future because of neglecting them?

### RISK FACTOR 4: A missed chance for extra confidence boost

One of the elements in confidence building is the awareness that you have taken care of something as well as you possibly should have. Knowing that you have done everything and paid attention to all the details can work as a confidence boost and provide a more peaceful state of mind. Do you get your confidence boost from somewhere else? Are you ok with entering a competition knowing you could have done better when preparing for it?

## SUPPORTING COMPETENCES

The following competences may help if you are low on Perfectionism but high on one or more of these competences:

**High Preparation:** As you scored HIGH on this competence, you are taking good care of making sure you are prepared for every occasion as well as possible, something that also a high Perfectionism person would do.

## PREVENTING COMPETENCES

The following competences combined with low Perfectionism may increase the likelihood of the negatives of the low Perfectionism to emerge in your career. This part aims to make you aware of the possible risks.

**Low Pressure Control:** As you scored LOW on this competence, it may be that when the pressure hits you and you have not done your work as perfectly as you know you should have, the insecurity will hit you even more. The lack of careful work might lower your ability to perform under pressure.

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## Competitive Power

10% Competitive Power



Competitive Power is the extreme desire to win and willingness to do anything for it, manifesting itself in the amount of preparation, focus, determination, and energy that people have and use. People with high competitive power are determined to succeed and want to demonstrate their competence to themselves and others.

As you scored low on Competitive Power, it means you do not consider these qualities to be among your greatest strengths. You probably do not need to become truly strong on Competitive Power, but it may still be good to notice that there are risks involved if you completely ignore it.

### RISK FACTOR 1: Lost focus

Having more Competitive Power lets you focus on the essential. Athletes with high Competitive Power keep their focus on winning. This helps them to do the right things that take them closer to victory. How much can you afford to let your focus shift away? Do you have other methods to keep your focus on aspects that help you to win?

### RISK FACTOR 2: Lost energy

Competitive Power provides athletes extra energy because they are so focused on wanting to win. Winning often requires taking the extra step or push that one would normally not have the energy for. Are there situations when you would also benefit from having some of that energy? Can you develop a similar kind of energy in order to be your best?

### RISK FACTOR 3: Conflict between inner needs and external pressure

You can definitely focus on the process and winning yourself but the results matter for many in this world. It may be that you do not want to focus solely on winning but media, sponsors and other external pressure to win will still want you to concentrate about winning and focus more on it. If you develop a little more Competitive Power in your mind, you can have more peace in your mind to respond to these outside demands with confidence. How do you handle it and respond when people come to you and ask "you are going to win this one, right"?

### RISK FACTOR 4: Missing good reality checks

Use competitions as check points to learn where you are on the journey to the top. Use them to learn what areas you need to focus on and develop more and what are already at an acceptable level. In order to get the real check, you need to compete at your maximum level. How do you know how you are really doing if you are not competing against the best and find out if are ready to challenge them?

### SUPPORTING COMPETENCES

Even though all the competences are independent from each other, some competences can be used to compensate for the lack of another competence. For Competitive Power, they are High Extremism, High Goal Focus and High Aggression. In your results, none of these three supporting competences are high, making it more difficult to use the other competences to compensate for the Low Egoism.

### PREVENTING COMPETENCES

Some other competences may make it more difficult to develop a competence with a low score. For Competitive Power, they are High Self-Care, High Perfectionism and High Repetitiveness. In your case, none of them applies. This is a good thing if you want to develop your low score on Egoism.

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## Impatience

19% Impatience



Impatience is the will and desire to do something without waiting. Sometimes it is clear to everyone that a person does not want to wait, but wants to take any action to get things rolling.

As you scored low on Impatience, it means you do not consider these qualities to be among your greatest strengths. You probably do not need to become truly strong on Impatience, but it may still be good to notice that there are risks involved if you completely ignore it.

### RISK FACTOR 1: Missed action

Taking action is where things happen. People with high Impatience are good at taking action when needed and they do not hesitate. They are aware that sometimes the actions may not be the absolute best ones. They trust the mistakes can be corrected along the way. They do not need to second-guess because they know they can make it work. Would you benefit from confidence like this in your life? Have you ever missed something because it took too long for you to decide what to do? Are you hesitant when you need to step from planning to action?

### RISK FACTOR 2: Delayed decision-making

Impatience helps you to be faster in decision making process. Sometimes it is also good to make a decision and then learn from it rather than trying to think about everything before and miss the moment. Or sometimes things do not go as planned, no matter how well you planned. How much time do you spend on pondering different options? What do you do if things do not happen as you expected? How many plan B's do you need before you take action?

### RISK FACTOR 3: Missed learning experiences

Sometimes decision making and taking action can also be scary. It means there is a risk that your decision is not the best one. It is good to remember that decision making and taking action give you fresh information that you can learn from. Taking action requires courage but it offers learning rewards. When you learn from your actions, you gain more courage and it becomes easier for you to make better decisions. Can you take risks in your life? How do learn if you do not test your theories and skills in practice?

### RISK FACTOR 4: Prolonged time in development

Sometimes there are better ways to get to the target than being patient and waiting for everything to be ok. You might be missing the chance to get better faster with some other way of taking action. Impatience can provide more prompt ways to try out new things and, therefore, provide more variety. Are you keeping your eyes open for other ways to do things? Have you tried alternative ways that could take you further faster?

### SUPPORTING COMPETENCES

Even though all the competences are independent from each other, some competences can be used to compensate for the lack of another competence. For Impatience, they are High Egoism, High Competitive Power and High Goal Focus. In your results, none of these three supporting competences are high, making it more difficult to use the other competences to compensate for the Low Egoism.


### PREVENTING COMPETENCES

Some other competences may make it more difficult to develop a competence with a low score. For Impatience, they are Low Extremism, High Perfectionism and High Repetitiveness. In your case, none of them applies. This is a good thing if you want to develop your low score on Egoism.

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## Pressure Control

22% Pressure Control



Pressure control is the management of internal and external stress and fear factors when the stakes are high. It is the ability to perform optimally despite the pressure or even use it to one's advantage.

As you scored low on Pressure Control, it means you do not consider these qualities to be among your greatest strengths. You probably do not need to become truly strong on Pressure Control, but it may still be good to notice that there are risks involved if you completely ignore it.

### **RISK FACTOR 1: Failing under pressure or underperforming**

The most obvious benefit of high Pressure Control is the ability to handle pressure situations. People with high Pressure Control can perform under pressure and even utilize it to their advantage. Do you wish you could be better at handling pressure? What causes you pressure? How and when do you feel it? Who or what could help you with that?

### **RISK FACTOR 2: Weaker self-confidence**

Good Pressure Control skills are often also lead to better self-confidence as people with higher Pressure Control can trust themselves to get through pressure situations. Additionally, succeeding in them adds to their self-confidence. At what level is your self-confidence? Does it vary between practices and competition? When is it getting worse? What makes you feel less pressure? What could you do to improve your ability to perform well under pressure?

### **RISK FACTOR 3: Disappointments**

People with high Pressure Control may not necessarily be the very best in practices but they often succeed in important competitions. It may be that some people are better in situations that contain less pressure, like in practices, but they cannot deliver equally well in competitions. This creates disappointing situations that are not fun. How can you develop your mind to make pressure as a more positive challenge that will support your performance? What are the matters that make you nervous? Are they something you can control?

### **RISK FACTOR 4: Overthinking**

When the pressure hits, some people are slowed down by it, while other get energized. Conscious thinking is slow and because it happens in the conscious mind. Unconscious thinking is called "fast thinking" and it happens in the unconscious mind. People with good Pressure Control skills are able to "shut down" the thinking mind better and compete with unconscious mind. Or, their thought patterns are helping them to get to the unconscious side and forget the pressure. In both cases, there is no overthinking. Overthinking leads to pressure and anxious feelings. Do you tend to overthink? Do you imagine what will happen if you do not succeed in this competition? Are you concerned what others think of your performance? Can you focus only on your performance at the moment and not the outcome of the action?

### **SUPPORTING COMPETENCES**

Even though all the competences are independent from each other, some competences can be used to compensate for the lack of another competence. For Pressure Control, they are High Goal Focus, High Momentary Concentration and High Sensing Intelligence. In your results, none of these three supporting competences are high, making it more difficult to use the other competences to compensate for the Low Egoism.

### **PREVENTING COMPETENCES**

Some other competences may make it more difficult to develop a competence with a low score. For Pressure Control, they are High Perfectionism, High Enjoyment and Low Optimism. In your case, none of them applies. This is a good thing if you want to develop your low score on Egoism.