



Mental Elements (ME) Assessment

CORE ELEMENTS

Tendencies that describe us when we are at our best.

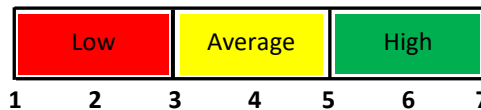
Core Elements: These are elements that are always in play for us and can help us be their best. Please note that low scores are coded as yellow (instead of red) for the athletes to keep them from freaking out over a red card. However, as a coach, you will see the red coding in the coaches portal so you can better pinpoint issues.

COACHABLE

Willingness to take instructions from others to improve beyond one's comfort zone.

Low Scorers

- Not like to be told what to do
- Not want to hear negative feedback
- Not ask for help when struggling



High Scorers

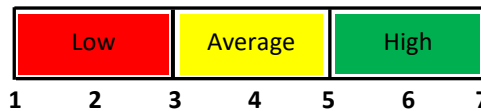
- Ask for feedback to improve
- Will act on new coaching guidance
- Appreciate others coaching them

COMPETITIVE DRIVE

One's competitive spirit and drive to win.

Low Scorers

- Not be worried about success
- Set goals that are too easy
- May be less interested in their sport



High Scorers

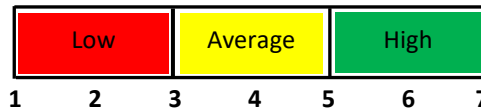
- Be highly competitive; raise the bar
- Are driven by difficult goals
- Work very hard with clear direction

COMPOSURE

Being calm, self-confident, and steady in the face of pressure.

Low Scorers

- Don't handle pressure well
- Become easily upset with others
- Take feedback personally



High Scorers

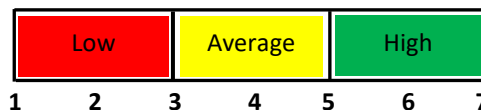
- Rarely take things personally
- Are steady & calm with pressure
- Adapt well to changes

TEAM PLAYER

Being motivated to go above & beyond for the team and showing concern for teammates.

Low Scorers

- Focus personal stats over team wins
- Struggle connecting with others
- Have low motivation to help the team



High Scorers

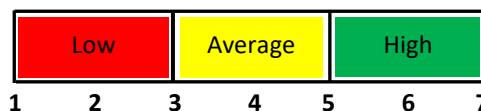
- Put their team above themselves
- Work hard to help the team win
- Have strong teammate relationships

MENTAL TOUGHNESS

Remaining focused and overcoming doubts in the face of challenges to excel with one's performance.

Low Scorers

- Struggle with confidence
- Lose focus when frustrated
- Not bounce back well from failures



High Scorers

- Have confidence no matter what
- Have laser focus on the here & now
- Bounce back quickly from setbacks

PRESSURE ELEMENTS

Tendencies that describe us when are frustrated or stressed.

Pressure Elements: These elements appear when things are not going well or when we are feeling the pressure. They typically have a negative impact on the people around us. It is common for every athlete to have a few of these Pressure Elements be present, but they will not likely have all Pressure Elements. We encourage athletes to focus on their top three Pressure Elements since they likely have the biggest negative impact on their performance.

Please note that:

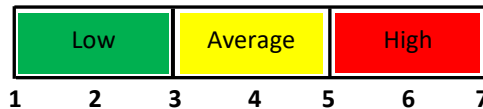
- High scores are the most likely to cause performance and teamwork issues.
- High scores are coded as yellow for the athletes to keep them from freaking out over getting a red card.
- However, as a coach, you will see the red coding in the coaches portal so you can better pinpoint issues.

SHORT FUSE

Being emotionally unpredictable and often losing one's cool.

Low Scorers

- Are calm and predictable
- Keep emotions in check
- May lack some passion or urgency



High Scorers

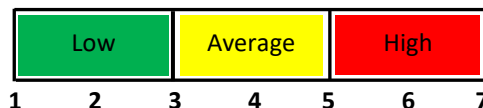
- Have a roller coaster of emotions
- Overreact to little things
- Are hard to please

SELF-DOUBTING

Overly concerned about making mistakes and taking chances due to an unusual fear of criticism and failure.

Low Scorers

- Step up in critical situations
- Are unafraid of making mistakes
- Can share thoughts freely



High Scorers

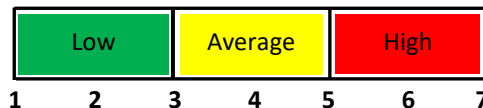
- Are afraid about making mistakes
- Play cautiously with fear
- Are scared of being criticized

STUBBORN

Working on one's own schedule and feeling resentful when someone asks to go faster or play differently.

Low Scorers

- Cooperate with the coach & team
- Meet commitments
- Will take direction from others



High Scorers

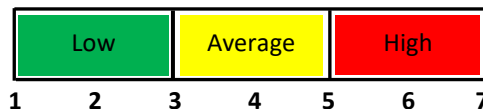
- Don't like being told what to do
- Don't follow through on promises
- Not work well with a team

OVERCONFIDENT

Making bold claims about one's talents while ignoring personal shortcomings and not admitting to mistakes.

Low Scorers

- Are humble & want others to do well
- Listen to advice in order to improve
- May need a boost of self-confidence



High Scorers

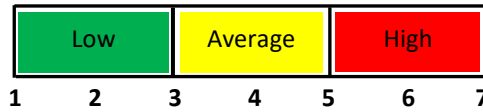
- Offer own thoughts & ignore others
- Are demanding & opinionated
- Not admit mistakes & blame others

ATTENTION SEEKING

Wanting to be the center of attention and being dramatic in order to be noticed by others.

Low Scorers

- Are comfortable "behind the scenes"
- Are quiet and show self-restraint
- Are good listeners



High Scorers

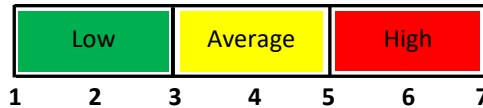
- Steal the moment from others
- Are enthusiastic, but lose interest
- Create drama to draw attention

PEOPLE PLEASER

Being overly eager to please others and unwilling to make decisions in order to gain approval.

Low Scorers

- Don't worry about pleasing everyone
- Are fine training on their own
- Make decisions easily



High Scorers

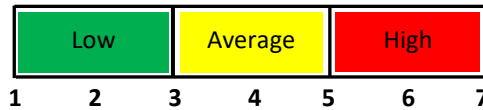
- Won't make tough calls/decisions
- Are driven by a fear of being judged
- Can be overly sensitive to feelings

SKEPTICAL

Mistrusting others' intentions and taking action out of a belief that one has been wronged.

Low Scorers

- Are very trusting of others
- Focus on others' contributions
- Work well with teammates



High Scorers

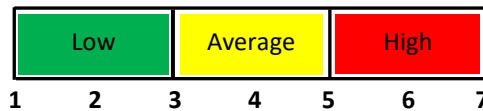
- Are critical of others' intentions
- Can be rude when sharing opinions
- Are defensive to feedback

IMPATIENT

Seeking excitement, not following the rules, and making impulsive decisions.

Low Scorers

- Can be counted on to follow the rules
- Do what's easy; not take chances
- Consider implications of decisions



High Scorers

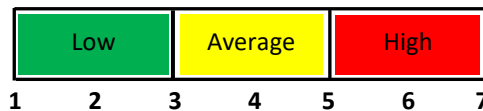
- Make quick decisions based on thrill
- Push the limits; speed over quality
- Get bored with details & repetition

PERFECTIONISTIC

Being unusually focused on details, striving for perfection in everything, and being critical of others.

Low Scorers

- Could focus more on details
- Don't judge others
- Don't need to be right every time



High Scorers

- Have difficulty prioritizing goals
- Think they can do things the best
- Controlling; always try to be perfect