

Name: _____ P. _____ Date: _____

Self-Evaluation

Worksheet 3.1

- 1) I believe my athletic ability is
 - a. Extremely high
 - b. Above average
 - c. Average
 - d. Below average
 - e. Extremely low

- 2) I am talented enough to participate at the level of competition I desire.
 - a. Yes
 - b. No

- 3) I am happy with the level of competition at which I participate.
 - a. Yes
 - b. No

- 4) I have the physical qualifications needed for my sport in terms of:
 - a. Size: Yes No
 - b. Endurance: Yes No
 - c. Quickness: Yes No
 - d. Strength: Yes No

- 5) I have the physical qualifications for the level of competition in which I wish to participate.
 - a. Yes
 - b. No
 - c. Somewhat

- 6) My strong abilities and talents are:

- 7) My weak abilities and talents are:

- 8) My main reasons for participating in sports are:
 - a. Competition
 - b. Social reasons
 - c. Challenge
 - d. Relaxation
 - e. Diversion
 - f. Health/Conditioning
 - g. Weight Control

- 9) The things I feel capable of improving in my game are:

- 10) I am willing and able to spend the time to make these improvements
 - a. Yes
 - b. No