

Performance Profile Guide

Step 1.

Choose the 5 most important physical, mental, technical, and tactical attributes to being an elite performer in your sport. It may help to consider an athlete which you admire or strive to emulate when choosing these attributes.

Attributes:

Physical	Mental	Technical	Tactical

Step 2.

Transfer these characteristics onto the profiling wheel located on the next page. Evaluate yourself for each attribute on a 1-10 scale, with 1 being the worst possible performance, and 10 being the best an athlete in your discipline could perform. Following this, mark each score with a line. This will begin to show your strengths, and areas that you could improve on!



active-mindset

E: adrienn@active-mindset.com
T: 07375222770
W: <https://www.active-mindset.com>

Performance Profile

Name: _____

Sport/Position: _____

Rating Scale: 1 -

10 -

