

# Mental Coaching for Athletes

**- Self Check -**



For more information go to

<http://www.ultimatesuccesscoaches.com/Mental-Coaching-4-Athletes/>

**Arthur de Niet – Mental Coach**

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*Disclaimer: this self-check is meant to provide an initial indication to determine if you have mental blockers or not. It is in no way meant to provide a professional medical indication nor is it meant to replace that. In case you experience you suffer from something severe please consult your medical doctor for advise and treatment.*

## Introduction

Thank you for your interest in the Mental Coaching 4 Athletes-Self Check. By downloading this self-check you have made a first step to better understand if something is mentally blocking you that influences your sports performance. It is meant to be an indicator and is therefore relatively short and easy to do (it will not take more than 10 minutes). So, let's not waste more time and let's start. On the next page you'll find a number of questions. Please fill them in frankly and honestly. Once you have done so, go to the following page that will describe how to interpret your results.

Good luck and hopefully you will conclude that there is nothing really blocking you and you were just a bit concerned about something. That's the best result of the test. 😊

If however you conclude that something more serious is blocking you, which has a negative impact on your sports performance and training, then you best reach out for help. That could be a trusted friend or family member or another trusted person, like your GP.

The easier and perhaps faster way is to make use of the Mental Coaching 4 Athletes program of Ultimate Success Coaches. We offer you a safe, virtual environment in which you can talk with a trusted Mental coach about your experienced blockers and we'll find a way to help you overcome them.

Interested? Just leave us a short message on page

<http://www.ultimatesuccesscoaches.com/Mental-Coaching-4-Athletes/>

Rgds,

**Arthur** – USC Mental Coach

## Mental Coaching 4 Athletes – Self Check

Below are a number of questions about if, and how you experience mental blockers. Answer them honestly and when you are finished go to the next page to help you interpreting your answers.

### **Motivation**

Do you experience lack of motivation for something you really want to do and always enjoyed doing?

Yes.... / No.....

How much does this influence you in achieving your goals?

1 2 3 4 5 6 7 8 9 10

Describe shortly how it impacts your performance:

.....  
.....

### **Energy levels - Work/Life Balance**

Do you think or feel that you do not have enough energy to do all the things you want to do in a day or weekend?

Yes.... / No....

How much does this influence you in achieving your goals?

1 2 3 4 5 6 7 8 9 10

Describe shortly how it impacts your performance:

.....  
.....

**Time - Daily routine**

Do you experience you waste a lot of time on things that are not really helping you achieving your goals (like Social Media, TV etc)

Yes.... / No....

How much does this influence you in achieving your goals?

1 2 3 4 5 6 7 8 9 10

Describe shortly how it impacts your performance:

.....  
.....

That's it! 😊

Once you have answered these questions you can go to the next page.

## Evaluation answers – Self-check

As mentioned before is this self-check meant to be an indicator if you are experiencing real mental blockers. Let's now review your answers.

### **Motivation**

If you answered *Yes* in combination with a high influence number (8+), this indicates that you have a noticeable disruption in your personal motivation. It could just be caused by something relatively small that recently happened to you either related to your goal or unrelated like a bad grade from school or work. If that is the case, then you best take some time to process it (and perhaps talk with some friends about it) and slowly but surely you should notice that this issue will no longer be that important to you and you'll get your motivation back again. It could however also be caused by something deeper, perhaps it reminds you of something negative you either experienced or have heard or read about that you are afraid of. If that is the case, you should take next steps, depending on the severity of the issue you discovered.

### **Energy levels - Work/life balance**

When you wake up in the morning you should have sufficient energy to do the things that are coming the rest of the day. Of course there are sometimes situations that you don't feel that way, either because of a party the previous day, you got an illness from which you need to recover or you had an occasional bad night sleep. That is OK, we all have that sometimes and that's not an indicator that something is wrong.

If you answered *Yes* in combination with a high influence number (8+), this indicates that you regularly don't have enough energy

and most likely don't have sufficient time to recover from the activities that you do. If that is the case you best either stop doing all planned activities (or at least temporarily) and evaluate your sleeping pattern. There must be something in your habits that is draining your energy which must be fixed before you can recharge yourself. That can either be something simple; like watching less TV at night and go to bed at 10:00 instead of 0:00 but it can also be more serious. If that is the case, you need to take next steps.

### **Time - Daily routine**

We all seem to have more things to do in a day than time allows us to do. That seems to be something modern society expects from us. If that is healthy is another question, but because there are so many things to do, and so many things to chose from it is sometimes difficult to keep being focused on what is important to you and what's just a distraction.

If you answered *Yes* in combination with a high influence number (8+), this indicates that you could be overwhelmed with your day-to-day activities which block you from doing what you actually want to do. Depending on your athletic goals and the seriousness of your daily obligations you best can start to outline what you actually do in a day and add a number of importance next to it and perhaps also how much time you spend on it. After a couple of days you should have a clear idea of what is eating up all of your time that blocks you from practising you sport and training activities. Once you have the required insights you can look for possibilities to adjust your day-to-day routines in such a way that you can reserve sufficient time to sport and exercise. Of course align that with the people that either depend on you or you are living with to make sure your surrounding supports your change.

If that seems not possible for you, you should take next steps.

## **Next steps**

As this is just a quick self-check we can't go too deep into the issues that you might encounter. It should however have helped you to start to evaluate yourself and make you think about what could be wrong or if something needs your attention. This can either be something easy to fix and in the descriptions we provided you with some easy to use methods to just do that.

If however, your issues are more severe or permanent, they might be resolved with some guided Mental Coaching sessions of Ultimate Success Coaches.

If you are interested, please leave us a short message on page <http://www.ultimatesuccesscoaches.com/Mental-Coaching-4-Athletes/>

You will be shortly afterwards contacted to make a (virtual) appointment.

See you soon!





# ARTHURDENIET

Arthur de Niet is a Dutch national and an Industrial Engineer by title but also a Motivational/Mental Coach & Public Speaker. After years of running in circles, he decided to get out of the eternal loop of vague plans and dreams and the chasing of never achievable carrots. While doing that he developed his own Fast Forward Program, which he launched in 2020. He is a certified Motivational coach with various specialties like Life Coaching, Business Coaching, Hypnosis, and Neuro-Linguistic Programming (NLP) and applies NLP and hypnotherapy to remove his clients' mental barriers. Recently he also developed the Mental Coaching for Athletes program which is related to this self-check.

More information about Arthur de Niet can be found on

<http://www.ultimatesuccesscoaches.com/USC-Coaches/Arthur-de-Niet/>