

# Game Mindset. Self-Assessment.

## Instructions.

Reflect on how much you **agree or disagree** that the statements below apply to your cricket game.

Use the five point rating scale to rate each item and when you have completed all the items take time to reflect on strengths, development areas and potential derailers.

## Rating Scale

1. Strongly Disagree
2. Disagree
3. Neither Agree or Disagree
4. Agree
5. Strongly Agree

<b>Pillar 1. Clear Mind.</b>		<b>Strongly Disagree</b>		<b>Strongly Agree</b>		
Game Mindset	<i>It is typical of my cricket game to....</i>	1	2	3	4	5
Cultivate Composure	<i>1. Be clear minded and composed in moments that matter</i>					
Focus in the Moment	<i>2. Keep or bring my focus back onto one ball at a time</i>					
Keep it Simple	<i>3. Keep my thoughts and plans simple</i>					
Adapt Fast	<i>4. Adapt quickly to new situations and conditions</i>					

<b>Pillar 2. Play Brave.</b>		<b>Strongly Disagree</b>		<b>Strongly Agree</b>		
Game Mindset	<i>It is typical of my cricket game to....</i>	1	2	3	4	5
Bold Vision	<i>5. Have clear bold goals that really motivate me</i>					
Put it on the Line	<i>6. Do what I can to succeed rather than to avoid failing</i>					
Hold the Tension	<i>7. Show patience and good judgement in match situations</i>					

<b>Pillar 3. Play Clever.</b>		<b>Strongly Disagree</b>		<b>Strongly Agree</b>		
Game Mindset	<i>It is typical of my cricket game to....</i>	1	2	3	4	5
Bat Smart	<i>8. Absorb and apply pressure when batting</i>					
Bowl Smart	<i>9. Absorb and apply pressure when bowling</i>					
Keep & Field Smart	<i>10. Bring a positive mindset and approach onto the field</i>					

<b>Pillar 4. Play Better.</b>		<b>Strongly Disagree</b>		<b>Strongly Agree</b>		
Game Mindset	<i>It is typical of my cricket game to....</i>	1	2	3	4	5
Apply a Growth Mindset	<i>11. Treat failures as part of getting better as a player</i>					
Be Game Ready	<i>12. Have good daily habits and pre-game routines</i>					
Bring Optimism	<i>13. Confront difficult situations with an optimistic mindset</i>					

## Choose Your Priorities

Review and reflect on your scores on the individual items above.

**Step 1.** Do you have great strengths to leverage (score of 5)?

**Step 2.** Where are the items to further develop (scores of 3 or 4)?

**Step 3.** Do you have items which are potential 'derailers' for your game (scores of 1 or 2)?

**Step 4.** Choose **three items** you'd like to improve and jot these in your Journal / Notebook and share with your Coach and colleagues so you have clarity on areas that are particularly important for you.