



# HR AVATAR

*Athlete Assessments*

Athlete: **Richard Wantsajob**  
Assessment: Sports - Mental Strength Profile  
Completed: August 23, 2025  
Sponsored By: Example Company

## Sports - Mental Strength Profile

The information in this report is intended to be used as an evaluation of your behavioral patterns. This is a self-evaluation about your behaviors as an athlete.



## Overall

### Athlete

**Richard Wantsajob**  
rich.wantsajob@gmail.com  
Sports - Mental Strength Profile  
August 23, 2025

## Competency Summary

Competency	Score	Interpretation	
Competitiveness	1	Low	
Composure	4	Good	
Concentration	7	Strong	
Confidence	2	Low	
Curiosity	2	Low	
Flexibility	6	Strong	
Goal-Oriented	8	Strong	
Integrity	4	Good	
Leadership	3	Good	
Positive Imagery	7	Strong	
Resiliency	6	Good	
Self-Motivation	9	Strong	
Team Player	5	Good	



## Competency Detail

Competitiveness	Retains a high level of engagement and desire to win.
<b>Score: 1</b>	Low - Needs attention.
<p>Your responses indicate a below average level of competitiveness. Highly competitive athletes expect the game to be hard and they are well prepared for any situation to arise. Highly competitive athletes also not only want to win badly but they know how to win. You may not be completely aware that your competitor passionately wants to beat you and you may not have adequately developed a winning game plan. You should establish a pre-game preparation routine and put a stronger game plan in place than your competitor. In addition, you should understand that competitive athletes sprint through the finish line and don't just get to the finish line. Towards the end of a match you should talk to yourself and tell yourself "I will give it my all until the game or race is completed". In preparation and training sessions you should also keep winning in mind, and you should focus on more tactical and skills development that know will put you and your teammates on top. Finally, you should be more aware that competitive instincts can be developed and they will lead you to focus on positive results and you can be competitive without being a poor sport.</p>	
<b>Why is Competitiveness important?</b>	
<p>High-performing athletes have an acute sense of fight and aggression in their sport. Competitiveness is a highly important behavioral trait because it leads the athlete to not only finish strong but perpetually push themselves towards successful outcomes in training and matches.</p>	
<b>Questions to Ask</b>	
<p>Think about a recent high-pressure event you participated in. What could you have done better to get your competitive juices flowing? How could you have prepared better in training for high pressure situations?</p>	
<p>How do you know you are indeed more prepared than your competitors? What can you do regularly to be more prepared than your competitors?</p>	
<p>Think about a time in a highly competitive match where you did not give it your all until the very end. What could you have told yourself which would have allowed you to compete harder until the very end? What are some phrases you can tell yourself to keep you motivated towards the end of an intense match?</p>	
<p>Have you ever taken shortcuts to get a positive result? How can you better prepare yourself to know you have stronger skills and abilities than your competition?</p>	
<p>Who is a highly competitive professional role model for you? If you don't have one, you should identify one. Think about three performances where your role model came through in high-pressure situations? How can you apply these examples to some of your performances? How can you apply them in practice sessions?</p>	

Continued on next page.



## Composure

Ability to stay calm in pressure situations and maintain emotional control (minimal anxiety levels).

**Score: 4**

Good - Some room for growth.

Your responses indicate you are a composed athlete at certain times in key games. However, you do seem to question your athletic abilities in certain highly competitive situations. There are times when you feel you need to deliver a perfect performance, and you focus on not making any mistakes. There are also times when you have the ability to block out any pressure. Sometimes when you make a mistake, you lose emotional control and you are not quite sure how to fix your performance.

### Why is Composure important?

Athletes with high levels of composure maintain little or no levels of anxiety in their sport. Composure in pressure situations allows peak performing athletes to execute on their skills in critically tense situations and deliver positive results.

### Questions to Ask

How is it that I can remain so composed in certain pressure situations but seem to lose control of my emotions at times in highly competitive situations? In those times when I have remained calm under pressure, how was I able to do it?

What are certain situations which could negatively affect my composure? What can I do to always remain calm under pressure?

Close your eyes and think of a specific pressure situation in a match where you remained calm and were able to beat your opponent. What were you thinking or feeling in this situation?

Think of a game situation where you tried to do everything perfectly. When things did not go according to plan, how did you react? Did you recover from a mistake by thinking, "I'll get another chance to prove myself." Or, did you dwell on your mistake?

All athletes make mistakes in competition now and then. Think of a time when you made a mistake in a key match and then how you were able to quickly let go of that mistake and move on to perform really well.

Continued on next page.



## Concentration

Able to remain focused in periods of intense battle as well as down time

**Score: 7**

Strong - Nurture and reinforce.

Your assessment results show you have a high degree of focus and concentration at key points in a match and also in training. You can easily get your game "in the zone". High degrees of concentration are important to peak performing athletes because not only are you highly focused on achieving the task at hand, but your concentration keeps your mind off performance factors which can distract you from the game. Relaxation of the mind is a critical ingredient of the athletic concentration recipe, and you are a mentally relaxed player which frees up your mind to focus on the task at hand. You give yourself mental cues in stressful situations which allow you to keep your focus on the game and more importantly allow you to perform well when the going gets tough. A key element of top performing athletes is the ability to focus on what you can control in your game and successful tactical plays or moves through positive mental imagery – you have the ability to focus on movements in your body which allow you to beat your opponent - keep up this positive focused mindset!

### Why is Concentration important?

Athletes who perform at their best are highly focused on the moment at hand and do not allow outside influences to affect their performance. High concentration levels are a key differentiator in top performers as the athlete remains intensely focused on executing tactical plays and executing both short term and long-term goals.

### Questions to Ask

What are some recent examples in a game or match where you found yourself in a pressure situation and you found yourself highly focused on executing a strong move? How can you replicate this mindset in a future match?

What self-talk words do you use to help you remain focused?

What are your pre-match routines which help calm you and keep you focused on your game plan? How can you transfer these routines to your teammates?

When there are distractions in a game, how do you get yourself to re-focus?

Identify an example in an important match when you felt anxious. What did you do to calm any performance fears?

Continued on next page.



## Confidence

**Score: 2**

Low - Needs attention.

Your responses indicate a fairly low degree of self-confidence in your athletic abilities. This very likely causes a significant reduction in your performance and is an area you should work on right away. Confident athletes believe in themselves and their ability to succeed under pressure. Without confidence, you will play conservatively rather than take appropriate risks. Additionally, when you get behind in a competition, you are more likely to push too hard and make unnecessary mistakes. Finally, your teammates will sense your lack of confidence, which will cause them to feel less confident about themselves and less confident to trust you in pressure situations.

You need to concentrate on the tactical areas of your game which you can control. Do NOT focus on outcomes like winning or making mistakes. Set some attainable goals in training or a match which align to your strengths and acknowledge regularly when you make a play happen which aligns to your mini-performance goals.

In addition, regularly acknowledge and celebrate even minor achievements and improvements in your game. This will reinforce the fact that your hard work is leading to progress in your performances.

### Why is Confidence important?

If you do not have belief in your athletic abilities you will doubt every action you make in competition and your mind will be immersed in failure. Self-confidence is THE most important mental discipline to maintain and strengthen in your mental arsenal. Self-confident athletes believe 100% in themselves and their abilities, and self-confidence is THE key to peak performance in top-tier athletes.

### Questions to Ask

Most gaps in confidence are aligned to negative self-talk athletes have with themselves. You need to identify specific times in practice or matches when you have told yourself "I can't do this". Actively replace a negative thought with the statement "YOU got this!"

Think of someone you know who always seems confident. Why do they feel that way? Do they train differently than you? How can you emulate them?

Analyze why you have negative thoughts in specific situations. Is it because you were not prepared for a critical game moment? Then identify the areas you can better prepare for high impact moments in your sport.

When you feel doubts, are they in your ability or is it just the fact that you 'could' perform poorly? How can you change these thoughts?

Think of some events when you experienced doubts during a competition. What caused you to feel that way? How can you replicate behaviors of the most confident athletes?

Can you think of any times when you played more conservatively than you should have? Why did you hold back? How can you change behaviors and take more assertive calculated risks? ALWAYS believe in yourself!

Can you think of any times when you played more conservatively than you should have? Why did you hold back? Are you afraid to make mistakes? If yes, tell yourself "Everyone makes mistakes...YOU can learn from mistakes". In the middle of competition, ALWAYS forget mistakes.

Continued on next page.



## Curiosity

Interest in new methods to improve one's playing ability.

**Score: 2**

Low - Needs attention.

After evaluating the results of your assessment, your scores indicate you have a low desire to explore new methods in your game. It is an extremely important trait to improve performance in your sport and seek out new drills and training techniques to improve. Athletes who are intellectually curious will search the internet, they will research their competitors and they will go to great lengths to uncover different methods to improve their athletic abilities. You show a low level of desire for achievement by discovering new learning methods and seeking out different tactics and methodologies. You need to immediately consider developing better habits for uncovering new training & game techniques and ensure you are not always set in your 'normal' ways. You should research great performers in your sport and identify new training & game techniques, and you should test and apply the techniques which work best for you.

### Why is Curiosity important?

100% of top performing athletes maintain high levels of curiosity to new methods, new training tactics and game time skills which provide them abilities beyond those of their competitors. Top performing athletes will always seek out new means to make themselves stronger, faster, more durable or whatever it takes to out-perform their competitors.

### Questions to Ask

Why do I not regularly research new methodologies for training tactics to improve my game performance? Am I simply too lazy to do this or do I feel that I've got all it takes to be a top performer?

Do I think my coach is crazy when he or she introduces new and possibly controversial practice exercises into our training sessions? If yes, is there room to open my mind to trying new things? Can you find a way to open your mind a try what your coach is recommending?

How often do you watch professional athletes in your sport and study the different training methods which they incorporate into their game? What are those methods and how can you apply them to some of your individual training sessions?

Do you ever see the quality of your performance drop because you get bored and careless in a practice session or a game? What can you do to inspire yourself to get past what you might consider a meaningless practice session? What can you do to spark excitement in yourself during what you might consider the dull part of a match?

Have you ever found yourself not completing a particular training tactic which you do not like? Have you ever found yourself "dogging it" and not taking a part of a practice session or game seriously? What can you do to inspire yourself to "pick up your game" and add new positive thoughts when things just get dull for you?

Continued on next page.



## Flexibility

Ability to try things different when tough situations arise.

**Score: 6**

Strong - Nurture and reinforce.

Your personality shows strong ability to quickly adapt to unexpected situations and you always find ways to work out of tough encounters. Top performing athletes show high degrees of flexibility in their thoughts and they apply humor even when the situation becomes tough. If something in your performance is not going well or doesn't turn out as expected, you remain flexible in the approach to your performance and you always look for new ways to solve problems. Out of the normal situations can happen in a game, and as a flexible athlete you make quick decisions on different ways to get things done leading to positive tactical results. As a 'flexible' athlete, you are continuously open to re-educating yourself, even basic skills which you might have taken for granted for a long time. Mentally flexible athletes also show optimal sportsmanship - being mentally flexible helps you gain respect among teammates and coaches and it boosts your sports performance. Athletes with low mental flexibility have tendency to lose their cool and will even argue vehemently with a referee thus hurting the team. This is not your style as you stay calm and find ways to work out of tough situations.

### Why is Flexibility important?

Top-tier athletes understand everything will not run smoothly all the time and they easily adapt themselves for change. Flexible athletes are open to criticism and they always test means to improve their performance either in training or the heat of a game.

### Questions to Ask

Identify 3 tough game situations which were abnormal, for example, a broken play or a fan heckling you. How did you work yourself out of those situations to create positive results?

What's the best example you can remember in a match where your sportsmanship was considered excellent by your teammates?

What are some of your basic skills which you consistently work on? How do those basic skills get you out of tough situations?

What is one example of where you were being dominated, but you used humor to get yourself back into the game?

What do you tell yourself in situations where the rules or referee might not have been in your favor?

Continued on next page.



**Goal-Oriented**

Consistently sets and measures performance goals (both training and match play).

**Score: 8**

Strong - Nurture and reinforce.

As a successful athlete, you constantly set training and performance goals for yourself. Your goals for training are lofty and you always strive to reach your goals. In addition, once you achieve your training and development goals, you set the bar higher and strive to achieve even loftier goals. Finally, you are accomplished at setting performance goals for yourself during competition and you always look to set records and achieve more.

**Why is Goal-Oriented important?**

World-class events or results are never reached by athletes in their first attempt. Athletes who reach peak performance recognize it is important to set big picture goals through many small tactical goals which lead to incremental success. They also recognize they cannot improve what they do not measure thus emphasizing the need to constantly set and review goals.

**Questions to Ask**

Although I set strong performance goals for myself, are these the correct goals for ultimate performance achievement?

What can I do to consistently review my goal setting and ensure I am always setting the right performance goals for myself?

How do my training and game time goals differ? What can I do to apply the goals I am setting in training to help me better achieve my game time goals?

How can I help my teammates with setting appropriate training goals for themselves?

What goals do professional athletes set in my sport which I could try to emulate?

Continued on next page.



## Integrity

Fair and balanced. Does not look for short-cuts in training or game approach.

**Score: 4**

Good - Some room for growth.

For the most part, you maintain high moral principles for yourself, your teammates and your coaches. You understand spreading positivity and honesty with your teammates and coaches is the right thing to do although you sometimes question your ethical principles. Athletes with high integrity levels are "team players" who have infectious positive personalities and you have good intentions to be this type of athlete. Many times you seek out 'the right thing' to do, but you know at times you can be more honest with yourself. Talking down to your teammates is generally not part of your DNA, however, you are quite aware you need to be more consistent in seeking out both near and far term positive results through honesty and high moral standards.

### Why is Integrity important?

It is important for high-performing athletes to consistently maintain high levels of honesty and lofty moral standards as anything less than the best will lead to internal emotional turmoil or stress amongst coaches, family and team members.

### Questions to Ask

How can I improve my positivity and increase moral standards to those around me?

How can I become an even more positive teammate and relay this positivity to my teammates and coaches?

Who are some famous athletes I could emulate their positive moral standards? What specific steps can I take to copy these traits?

Who on my team has the highest moral standards and has the most positive personality? How can I copy their positivity?

Who are some famous figures I can emulate to help me set even higher moral and ethical standards for myself?

Continued on next page.



## Leadership

Shows courage in front of teammates, coaches & fans and consistently remains positive in pressure situations.

**Score: 3**

Good - Some room for growth.

There are many types of leaders and your assessment scores indicate positive traits towards being a strong leader, however, you show more a bit more focus on hard work and commitment to achieving team goals. You should understand there is always more to learn in your sport and you should more often admit when you make a mistake. Strong leaders have a high energy level and they are catalysts for positive action. You should always treat your teammates with respect and look for ways motivate your teammates and coaches through actions and words. You should find more time to verbally encourage those around you to work hard and search out ways to make the team better. You maintain a high level of vision for success however you should seek out means to communicate your vision and tactics to your teammates and coaches. Leaders maintain infectious positive behaviors and you should think about daily routines to install positive engagement behaviors with your teammates. Others will follow you if you maintain positive communication and you are able to consistently commit to actions which benefit the whole of the team.

### Why is Leadership important?

Leadership is a key quality amongst top-tier athletes as these individuals have the ability to bring out the best qualities in themselves, their coaches and their teammates. Strong leaders motivate their teammates to high levels of focus and bring out higher degrees of self-confidence in their teammates and coaches.

### Questions to Ask

What are three examples of how I could have been a better leader in practice this week?

Can you name a leader who made a strong impact on your athletic performances recently? What did this leader say or do that inspired you?

What are 3 ideas which you could communicate to your coach which could benefit the team? What is the best setting to take those ideas to your coach?

How do you encourage your teammates to better themselves? Are you a positive influencer?

What is the biggest challenge you see to become a better leader? How can you overcome that challenge?

Continued on next page.



## Positive Imagery

Consistent ability to anticipate and imagine positive results of in-play performance situations.

**Score: 7**

Strong - Nurture and reinforce.

You maintain advanced mental strength behaviors which focus on positive mental imagery and you either inherently or actively make an extra effort before events and before training sessions to install positive imagery routines into your schedule. You know what it takes to make good things happen in your sport by imagining specific high-pressure athletic situations where your results are ultra-successful. You have the ability to sense specific body motions in a play right before they're about to happen which lead to positive athletic results. By imagining a positive result in the split seconds before an actual physical engagement, your mind tells you how to make the play happen with consistent positive results and you regularly execute. You are acutely aware of the fact that the greatest and most consistent athletes use positive mental imagery techniques to make themselves successful. You take time in advance of practice or a match to close your eyes and think about key situations and imagine positive results. Mental imagery comes natural to you because you maintain a consistent positive preparation mindset for tense physical engagements by consistently seeing yourself making good things happen.

### Why is Positive Imagery important?

Top-tier athletes maintain an uncanny ability to proactively visualize tactical body motions in advance of key points of a game. Peak performing athletes envision a positive result in the split seconds before the action happens thus taking their mind off any potential failure. These top athletes routinely practice positive imagery exercises before a game or match.

### Questions to Ask

Even though you are considered a strong performer using positive mental imagery techniques, how can I improve my preparation in this area?

Do I use the same mental imagery instances before practice as I do before games? If yes, change it up and identify other high-pressure situations you can add to your exercises.

Can you remember specific details of where positive mental imagery helped you in a particular match or event? If not, add new imagery situations to your pre-practice routines.

Which high profile professional athletes use positive imagery exercises as part of their mental fitness routines? Research the athletes in your sport and learn from their specific practices.

Continued on next page.



## Resiliency

Successful athletes stay tough through trial & tribulation (in training and games).

**Score: 6**

Good - Some room for growth.

Your responses indicate you have an average degree of resiliency as an athlete which means you know how to persevere and overcome setbacks in your sport, but you may at times get frustrated in tough situations or not quite know how to recover. Setbacks could include injury, critical decisions during a match/event, being overwhelmed by an opponent/obstacle or any extremely challenging circumstances in your sport. All of which you encounter regularly in your sport and at times you know how to fight and at other times you are not quite sure how to overcome. At times, you need to learn how to take control and responsibility in tough situations, especially when the game is on the line.

### Why is Resiliency important?

High-performance athletes do not let failures get them down. Resiliency to failure and/or injury is important as the top-tier athlete develops higher degrees of fight and is more able to overcome similar stressful situations as they expand their athletic careers.

### Questions to Ask

What makes me so resilient in tough situations? What are some stressful game or match situations when I really had to fight to overcome but I did not quite have the strength? What could I have done to be better prepared to 'bounce back' in stressful situations as they rose?

Did you ever have a serious or pervasive injury in your sport? What were the steps you took to fight back and get your performance back to 100%? What could you have done better to prevent the injury or recover from the injury through training or strength techniques?

Close your eyes and imagine yourself in an extremely tense game time or event situation in your sport. What were your thoughts on overcoming the hurdles of this particular situation? Did you think about positive outcomes and how to make them happen? If not, you should do this going forward by implementing positive mental imagery techniques.

Who did you ask for support when you found yourself in tough situations? Was it a coach? Was it a parent? Was it a teammate? Did you ask anybody for support? If not, you should always look for outside support to gain new ideas and support from those who have similar experiences.

How do I feel about stressful or tough situations in my sport? How did I motivate or prepare myself to solve for these issues and what specific steps did I take in the past to overcome them?

Continued on next page.



## Self-Motivation

Ability to drive performance with little need for outside push.

**Score: 9**

Strong - Nurture and reinforce.

You consistently force yourself to do things that make you a better performer no matter if it is part of pre-game preparation, within a match or even outside of practice or an event. You simply push yourself on a regular basis to achieve your goals and you only feel completely fulfilled when you are exerting yourself towards greater success in your sport. As a highly self-motivated athlete, you are almost possessed to improve your skills and meet certain performance standards. You are also extremely committed to attaining personal and team goals. Self-motivated athletes will take initiative to meet goals on a consistent basis and they are always ready to seize an opportunity. A key personality trait for self-motivation is also keeping a high degree of optimism even when you face adversity in your sport. Your optimistic attitude is a key component of your success as a strong-minded and highly motivated athlete.

### Why is Self-Motivation important?

Winning medals or trophies is not the top desire of peak performers rather the desire to beat the competition is what drives a highly self-motivated athlete. This is extremely important as focus on results can lead to mental failure where self-motivated tactical development and relying on self-motivated hard work and tactical effort will lead to winning results.

### Questions to Ask

How do I talk to myself to motivate my actions to improve athletic performance daily? Think about areas where you have improved your athletic performance the past few years and how you have used motivational self-talk.

What goals have you made for yourself to improve your game and what have you done to help yourself stick to the daily routines to achieve those goals? What areas of improvement can you foresee?

What are some examples of opportunities you have experienced in practice to improve your game? How do you take advantage of such opportunities?

What are 3 examples of setbacks you have had personally in your sport and what were the exact steps you took to overcome?

Think about 3 situations in your sport (game or practice) where you kept an optimistic mindset despite lots of opportunity to take a negative approach. For example, it was my teammate's fault for a particular failure.

Continued on next page.



## Team Player

A person who plays or works well as a member of a team or group. Sports teams need strong team players to perform well and reach their goals.

**Score: 5**

Good - Some room for growth.

"Team players" command strong communication skills and transfer their ideas and thoughts clearly and with honest intention. You clearly strive to be a great team player. However, you could take steps to develop yourself. You often show respect towards the views and opinions of teammates and coaches that surround you, but you sometime question the intentions of others. Adapting quickly to change in diverse environments is a key trait to "team players" and you should search out means to change your sometime rigid beliefs and behaviors. You must be more committed to positive engagement and always seek out a means to help your teammates. Much is asked of a team player, and you should be more willing to go the extra mile to ensure everyone on the team is working toward commons goals, working with integrity and totally focused on activities which drive successful outcomes. Team players are active listeners and always ready to step-in and provide a helping hand – you are very close to becoming a great "team player" and should focus on sharpening your listening skills and searching for opportunities to do the right thing for the team.

### Why is Team Player important?

The best sports teams are made up of players who work together and are willing to make sacrifices. A team with unselfish players who support each other will generally perform better than a group of individuals that doesn't play as a team.

### Questions to Ask

What does it mean to be a "team player" and how can I help individual conflicting opinions of certain team members mold towards a common bond?

Can you identify some examples of times when you did more than was asked of yourself? If not, can you identify some examples of those who have? How can you transfer these attitudes to your teammates?

What are some examples you've seen in team environments where certain players (or captains) keep teammates informed of positive performance changing activities?

Who is a role model for you who has shown respect to others in very trying situations? How can you emulate the actions of this role model?

What is an example of a problem or issue your team was having and how did a coach or teammate help the team get out of this situation? How did you help or hinder the situation?



**Notes**

(This area is intentionally blank - it's reserved as space for your notes.)