



HR AVATAR

Athlete Assessments

Athlete: **Richard Wantsajob**
Assessment: Sports - Mental Strength Profile
Completed: July 12, 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
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Sports - Mental Strength Profile
July 12, 2025

Competency Summary

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



Competency Detail

Competitiveness	Retains a high level of engagement and desire to win.
Score: 1	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>	
Why is Competitiveness important?	
<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>	
Questions to Ask	
<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>	

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Composure

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

Score: 7

Strong - Nurture and reinforce.

Your responses indicate you are a calm athlete when put into pressure game situations. Highly composed athletes have the ability to remain calm, persistent, and in control when pressure situations arise and when mistakes are made. You have the ability to raise your game during competition when the heat is on. You have the ability to quickly let go of mistakes, and you keep your emotions in check when there are setbacks in competition.

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

Why is it that I remain so composed in pressure situations? Is it because I have the ability to block out any unnecessary noise? Or is it because I simply know that I can perform when the pressure is on?

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

Pick three specific situations in games where there was high pressure, and you were able to remain calm. Now, close your eyes and envision your thoughts. Think about how you remained calm in those situations.

Can you think of any situations where you lost your composure in a game? What were the reasons you felt out of control of emotions? How did you fix your emotions?

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

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Concentration

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

Score: 6

Good - Some room for growth.

Your assessment results show you have an average degree of focus and concentration at key points in a match and also in training. You sometimes struggle to get your performance "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 high levels of concentration keep your mind off negative performance factors which can distract you from the game. Relaxation of the mind is a critical ingredient of the athletic concentration recipe, and you should find ways to more often free up your mind to focus on the task at hand. You should give yourself regular 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 focus on successful tactical plays or moves through positive mental imagery – you do this at times, but you should focus your mind more often on the skill and tactical plays you have perfected in practice and execute these in a match - always maintain a 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? Ask your team captain what "inside words" they use to motivate themselves.

What are your pre-match routines which help calm you and keep you focused on your game plan? What are the routines of some of your teammates you can replicate?

When there are distractions in a game, how do you get yourself to re-focus? What examples of professional athletes in your sport can you copy?

Identify an example in an important match when you felt anxious. What did you do to calm your performance fears? How can you replicate this behavior in future games?

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Confidence

Score: 9

Strong - Nurture and reinforce.

Your responses to this assessment indicate that you maintain deep confidence in your abilities. That's great! High-performing athletes believe in themselves and their ability to succeed under pressure. Being confident prevents you from pushing too hard and making mistakes during competition. Instead, you can stick to your game plan, exercise patience, and avoid panic. Your teammates are positively infected by your high confidence levels, and this can improve the moral and performance of the whole team.

Don't forgot, top performing athletes ALWAYS maintain positive self-talk with themselves. If you ever have any wanes in confidence, always tell yourself "YOU got this!"

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

Why do I feel so confident? Is it because of my training or something else?

What would cause my confidence to deteriorate and how can I prevent that?

Can you think of some examples where you exercised good patience when you fell behind? What happened?

Can you think of any times when you played more conservatively than you should have? Why did you hold back?

Think of some examples when you took a bigger risk than you should have. Why did you do it? Was it because you were too far behind or was it because you believed in yourself?

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Curiosity

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

Score: 6

Good - Some room for growth.

After evaluating the results of your assessment, your scores indicate you have an average level exploring new tactics to improve your athletic performance. Curiosity is a very healthy trait to maintain as it is proven to improve performance in your sport. 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 performance. You show a decent level of motivation for achievement by discovering new learning methods and seeking out different tactics and methodologies. You need to build regular habits to ensure you are not set in your ways and you continuously gain a sense of desire and seek out new means & methods in practice and in games for improving performance.

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

What are some different training methods which you could apply to your sport to help you improve your game performance? Can you commit to one of these methods and apply to your next 10 training sessions? Can you comfortably add the new tactic to a game?

How do you react when your coach implements an entirely new training exercise? Are you happy to take on a new exercise or do you find it takes you out of your regular game? Can you find a way to open your mind a try what your coach is recommending?

Can you identify any professional athletes in your sport and think of different training methods which you can replicate? What are those methods and how can you apply them to your regular training sessions?

Identify one weakness in your game and ask yourself how top players tend to improve themselves in this area? Can you regularly add an improvement technique to your training sessions?

What are the best sources for game improvement in your sport? Can you incorporate at least one of these methods into your routines to help make yourself a better performer?

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Flexibility

Ability to try things different when tough situations arise.

Score: 2

Low - Needs attention.

Your responses reveal the need to work on being more mentally flexible and learn how to more quickly adapt to unexpected situations. You often find it hard 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 need to find more creative ways to solve problems. Abnormal situations can happen in a game, and flexible athletes make quick decisions on different ways to get things done and they constantly search for positive tactical results. To become a more 'flexible' athlete, you should be continuously open to re-educating yourself. You should even look to strengthen basic skills which you might have taken for granted for a long time. Mentally flexible athletes also show consistent signs of positive sportsmanship - if you work harder at being a positive role model on and off the field, you will gain more respect among teammates and coaches and it will boost 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. Do not ever let this be your style and search for ways to stay calm and work yourself 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 where abnormal circumstances arose which took you out of your game, for example, a broken play or a fan heckling you. What can you do better to work yourself out of those situations and create better results?

What's a good example you can remember in a match where someone showed good sportsmanship? Now remember a situation where your actions were considered unsportsmanlike. Think about how your teammate or a professional player with good sportsmanship would have reacted in the same situation. How can you emulate their behavior?

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

What is one example of where one of your teammates or a professional player was being dominated. How did they use humor to get themselves back into the game? Think about situations in the future where you can tell a little joke when things are not going your way.

What do you tell yourself in situations where the rules or referee might not have been in your favor? Think about a situation when you got really argumentative with a teammate, coach or referee. How can you let it go and refocus on your competition?

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Goal-Oriented

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

Score: 6

Good - Some room for growth.

As a somewhat successful athlete, you seek out set training and performance goals for yourself from time to time. Your goals for training are generally achievable and from time to time you reach your goals. Once you achieve your training and development goals, you are generally satisfied with the results and you recognize you could possibly set the bar higher and strive to achieve even loftier goals. Finally, at times you are good at setting performance goals for yourself during competition and you see the records and results being set by others which you would one day like to achieve.

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

What can I do to set stronger performance goals for myself? What are the correct goals for ultimate performance achievement?

What research can I do in my sport to ensure I am always setting the right performance goals for myself?

How do my training and game time goals differ? Do I actually have training goals which align to achieving my game time goals? If not, what can I do in training to help me better achieve my game time goals?

What goals are the leaders of my team setting themselves? How many of these could I replicate?

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

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Integrity

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

Score: 6

Strong - Nurture and reinforce.

You are an honest athlete and you maintain high moral principles for yourself and those around yourself. You take pride in spreading goodness with your teammates and coaches and you adhere to your strong ethical principles. Athletes like you with high measures of integrity are team players who have infectious positive personalities. You enjoy seeking out 'the right thing' to do on every occasion and you are a strong diplomat who can point out unethical activities and seek out means for achieving goodness with both your teammates and your coaching staff. Bad talking is not part of your DNA and you always seek 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

What can I do better to spread my positive 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 are my sources of high integral standard and how do they affect my daily interactions with others?

What are some learning resources I can apply to set even higher moral and ethical standards for myself?

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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?

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Positive Imagery

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

Score: 3

Good - Some room for growth.

At times you can imagine positive athletic results happening in the split second before a hectic or high-pressure situation in a match or at practice. Sometimes in advance of an event you prepare by conducting imagination exercises where you envision a positive result in the seconds before the high-pressure event occurs, and your mind tells you how to make something happen with a positive result. You sometimes take the time in advance of practice or a match to close your eyes and think about key situations and imagine positive results. Positive imagery many times comes natural to you because you maintain a consistent positive preparation mindset for tense physical engagements by seeing yourself making good things happen. In advance of practice or a match you sometimes close your eyes and think about key situations and imagine positive results. Positive imagery could come more natural to you if you regularly prepared for practices or games in advance. At times, you prepare yourself for tense physical engagements by seeing yourself making good things happen, but you know you could use positive imagery exercises more regularly.

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

How can I improve my positive mental imagery routines? Am I initiating the routines when I feel it's only necessary or do I do them before every practice and every game?

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 mental strength exercises, and always focus on positive outcomes.

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

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Resiliency

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

Score: 1

Low - Needs attention.

Highly resilient athletes know how to persevere and overcome setbacks in their sport and clearly you show tendencies to get frustrated in tough situations or not quite know how to recover from setbacks. Examples of setbacks 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 many times you don't quite know how to resolve the situation and at other times you are not quite sure how to overcome. Clearly, you need to learn how to take stronger 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 are some stressful game or match situations when I really had to fight to overcome but I did not quite have the mental 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 steps could you take in the future to fight hard 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 and identify training techniques (both mental and physical) to get ahead of those situations in the future.

Do I consider stressful or tough situations in my sport to be a pain to deal with or do I consider them to be an opportunity for personal development?

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Self-Motivation

Ability to drive performance with little need for outside push.

Score: 3

Low - Needs attention.

You sometimes push yourself to do things that make you a better athlete, but you know deep down you need help in motivating yourself in certain situations. If it is part of pre-game preparation, within a match or even outside of practice or an event, you need to push yourself and give yourself "pep talks" more regularly. You need to push yourself harder to set & achieve your goals and you know deep-down that you could do more to completely motivate yourself towards greater success in your sport. As a somewhat lower self-motivated athlete, you need to drive yourself harder to improve your skills and meet certain performance standards. You also need to commit harder and more regularly to documenting and executing on 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 maintaining a high degree of optimism even when facing adversity in your sport. Your negative attitude can drive you away from self-motivation, and you need to do more on a regular basis to change your mindset to the positive side. Working harder to throw away negative thoughts will increase your ability to self-motivate yourself and will make you more coachable and a better teammate.

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

Do I talk to myself to motivate my actions to improve athletic performance on a daily basis? Think about areas where you have improved your athletic performance in the past few years and how you have used positive motivational self-talk. If you do not use self-talk to motivate yourself, start a daily routine of identifying 3 actions where you can improve yourself, and tell yourself "YOU GOT THIS!!"

Do you know how to set athletic achievement goals for yourself? If yes, what goals have you made for yourself in the past to improve your game and what have you done to help yourself stick to the daily routines to achieve those goals? If no, read the following article and start applying to your daily athletic routines <https://www.active.com/health/articles/athlete-s-guide-to-setting-goals?page=1>

Identify 3 opportunities in your practice sessions where you need to improve your game. Identify and document drills you can do regularly to improve your game and set specific achievement goals behind each activity.

What are 3 examples of setbacks you have had personally in your sport and what steps could you have taken to better overcome those setbacks?

Research some top professional athletes in your sport who overcame extreme adversity, and then identify some areas of adversity in your life or your sport which you could overcome more effectively with a "can-do" attitude. Document how you believe you can turn examples of pessimism into a positive mindset.

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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: 6

Strong - Nurture and reinforce.

As a team player, you command strong communication skills and you transfer your ideas and thoughts clearly and with honest intention. You always respect the views and opinions of teammates and coaches that surround you. Adapting quickly to change in diverse environments is a key trait to "team players" and you fit the bill. You are committed to positive engagement and always looking for a means to help your teammates. Much is asked of a team player, and you are willing to go the extra mile to ensure everyone on the team is working toward common 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 – your personality traits lend themselves to being there for your teammates.

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?

What are some examples of times when I did more than was asked of me? How can I transfer this attitude diplomatically to my teammates?

What are some examples of keeping your teammates informed of tips and performance changing activities?

Who is a role model for you who has shown respect to others in very trying situations?

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

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Notes

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