

# MENTAL COMPOSURE AND PRESSURE MANAGEMENT SELF-ASSESSMENT

## INSTRUCTIONS

After each game, take time to reflect on your mental composure and pressure management during the match. Rate yourself on a scale of 1 to 5 for each aspect below. (1 = *Needs Improvement*, 5 = *Excellent*)

### 1. STAYING PRESENT

How well did you focus on the present moment and avoid dwelling on past mistakes or future outcomes?

1      2      3      4      5

### 2. HANDLING ADVERSITY

How effectively did you manage setbacks or challenges during the game without becoming overwhelmed?

1      2      3      4      5

### 3. DECISION-MAKING UNDER PRESSURE

How accurately and calmly did you make decisions during high-pressure moments?

1      2      3      4      5

### 4. MANAGING NERVES

How well did you control your nerves and anxiety before and during the game?

1      2      3      4      5

### 5. FOCUS ON PROCESS

How successful were you in concentrating on executing your role rather than fixating on the game's outcome?

**1      2      3      4      5**

### 6. TIME MANAGEMENT

How effectively did you manage time-sensitive situations while staying composed?

**1      2      3      4      5**

### 7. COMMUNICATION AND TEAM SUPPORT

How well did you use clear communication to support your teammates during high-pressure moments?

**1      2      3      4      5**

### 8. BREATHING AND RELAXATION TECHNIQUES

How often did you use deep breathing or relaxation techniques to calm yourself during pressure situations?

**1      2      3      4      5**

### 9. SELF-REFLECTION AND IMPROVEMENT

How well did you reflect on your in-game mental performance after the game to identify areas for growth?

**1      2      3      4      5**

### 10. OVERALL MENTAL COMPOSURE

Considering all aspects of mental composure and pressure management during the last game, rate your overall performance of that in this game.

**1      2      3      4      5**