

The 10 Keys to Success – Monthly Self-Check

Month: _____

Answer these questions honestly. Think back (or look back through your logbook), and give an honest assessment of yourself on each question. This test is for your purposes only – don't feel like you have to share your answers with your coach or your friends. Answer each question on a scale of 1 to 10, with 10 being "perfect."

1. How was your technique? _____
2. How self-motivated have you been? _____
3. How physically fit are you? _____
4. How mentally tough are you? _____
5. How healthy is your lifestyle? _____
6. How well do you handle the expectations associated with competition? _____
7. How hard do you work in practice? _____
8. How passionate are you about swimming? _____
9. How healthy are your eating habits? _____
10. How positive is your attitude? _____

Upon completion, total your scores, circling your lowest score(s) to identify the area(s) most in need of improvement. Ideally, your overall score should improve test to test.

My Total: _____

Did you improve this month? Why or Why not? What do you think you should try to improve next month?

Don't let a setback hold you back, obstacles are meant to be overcome. Never give up on yourself!