

## 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!