



WRC Football Profile™

Sample Report

Platform Taken On: PC

Date & Time Taken : 02.12.2017 07:25 PM (Eastern Time)

Assessment Duration: 11 Minutes

Well-Run Concepts Inc.
Job Matching and Developing Top Talent

www.well-run.com

YOUR FOOTBALL PROFILE

Your success in football is determined by two things:

1. Your natural physical ability or talent; you could also call this your potential.
2. How well you use that ability.

No one can do anything about your natural ability. That was set for you at birth. Some people are born bigger, faster, stronger and with better coordination than others. You have the natural ability you have and nothing can change that, so from this point on in this report we are not talking about natural ability.

Here's the good news: **Your success is determined much more by how you use the talent you were born with than how much talent you were born with.**

FEW PLAYERS EVER REACH THEIR PHYSICAL POTENTIAL.

So what are the keys to unlocking your potential? What are you missing? What are you not seeing? What are you not doing? How can you get access to your true talent and find out how good you can be at football? The assessment you just took gives you the answers. The big question now is: "What determines how well you use your talent?"

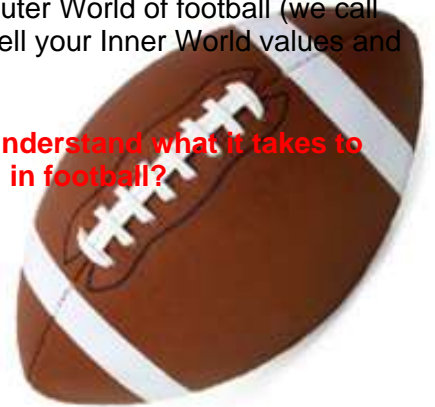
The Two Worlds of Football

We divide football performance into two "Worlds." The first is the **Outer World or Game View**. This world includes everything that is outside of you. These include things like your teammates, your coaches, the field, and the rules and strategies of the game.

The second world is everything that happens inside of you, your **Inner World or Self View**. This includes things like your confidence, mental toughness, values, beliefs, desires, thoughts, and feelings.

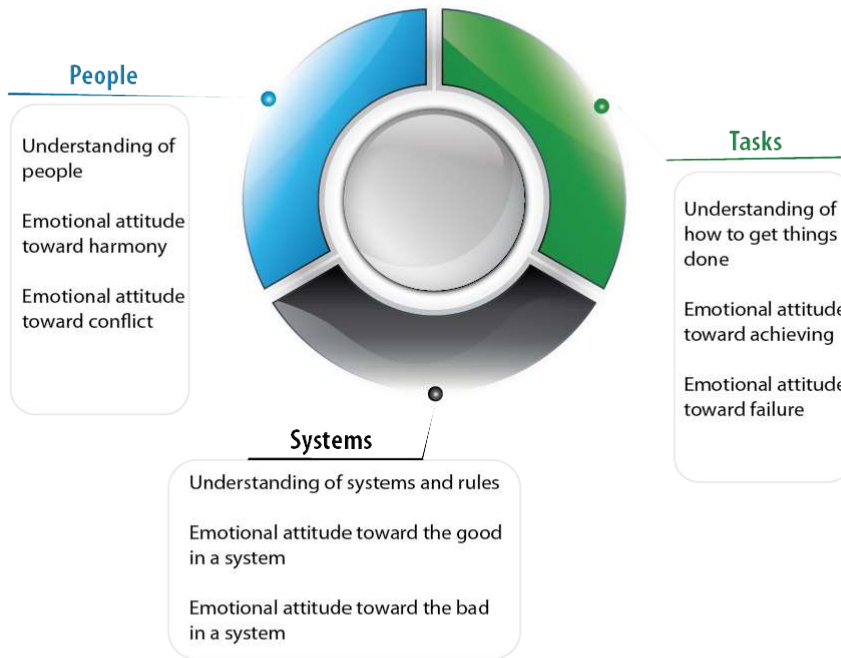
How well you play football and (how close you come to playing to your potential) is determined by your performance in these two worlds. Specifically 1) how well you "see" the Outer World of football (we call this your "understanding of what it takes to win in football"); and 2) how well your Inner World values and beliefs free you to do what it takes to win in football.

In short, the ultimate question for you as an individual player is: **Do you understand what it takes to win in football and are you able and willing to do what it takes to win in football?**

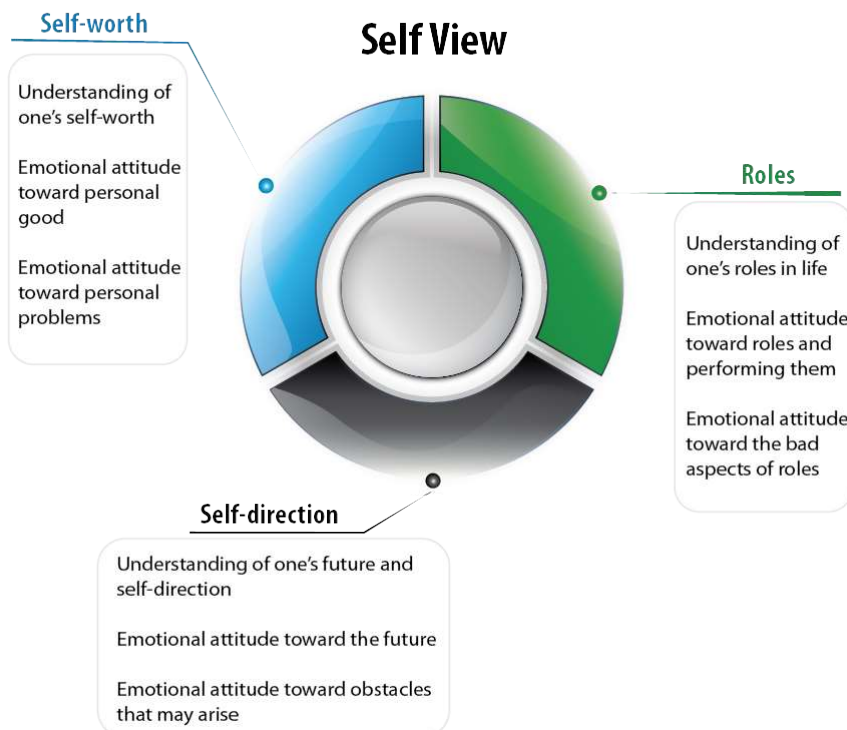


6 Cognitive Dimensions 12 Emotional Intelligence Factors

World View



Self View



| Attribute | | Reliability : 0.886 : 0.838 | Score |
|------------------|--|-----------------------------|-------|
| Game View | | | |
| Team | 1. Understanding what it takes to win in Football: | | 7.7 |
| | 2. Understanding Teammates and Coaches: | | 7.6 |
| | 3. Attitude toward Interpersonal Harmony: | Under-Valued | |
| | 4. Attitude toward Interpersonal Conflict: | Over-Valued | |
| Mechanics | 5. Understanding Player Performance: | | 6.8 |
| | 6. Attitude toward Team Success: | Over-Valued | |
| | 7. Attitude toward Team Challenges and Problems: | Under-Valued | |
| Rules | 8. Understanding Discipline, Rules, & the Game Plan: | | 8.8 |
| | 9. Attitude toward Coaching and Respect for Authority: | Over-Valued | |
| | 10. Attitude toward Breakdowns: | Over-Valued | |

| | | | |
|------------------|---|--------------|-----|
| Self View | | | |
| My Self | 11. Motivation to DO what it takes to win: | | 7.7 |
| | 12. Emotional Self Control: | | 6.7 |
| | 13. Intuitive Awareness of Self-worth: | | 9.0 |
| | 14. Insight into Personal Football Potential: | Under-Valued | |
| | 15. Attitude toward Personal Football Problems: | Neutral | |
| My Role | 16. Football Role, Position & Performance: | | 5.4 |
| | 17. Attitude toward Playing Big: | Under-Valued | |
| | 18. Attitude toward Performance Problems: | Under-Valued | |
| My Future | 19. Maintaining a Winning Mindset: | | 8.7 |
| | 20. Mental Toughness & Drive to Win: | Over-Valued | |
| | 21. Attitude toward Personal Setbacks: | Over-Valued | |

| Attribute | Reliability : 0.886 : 0.838 | Score |
|------------------------------|-----------------------------|-------|
| SOFT SKILLS | | |
| 22. Coachability: | | 8.8 |
| 23. Competitive Fire: | | 7.2 |
| 24. Decision-making Ability: | | 7.5 |
| 25. Intuition: | | 8.0 |
| 26. Concentration: | | 7.7 |
| 27. Focus: | | 8.0 |
| 28. Game Intelligence: | | 7.7 |
| 29. Intuition: | | 8.0 |
| 30. Mental Toughness: | | 8.8 |
| 31. Self-Knowledge | | 7.8 |
| 32. Self-confidence: | | 6.9 |
| 33. Self-discipline: | | 5.4 |
| 34. Self-motivation/Desire | | 7.5 |
| 35. Team Player: | | 6.7 |

| Attribute | Reliability : 0.886 : 0.838 | Score |
|---|-----------------------------|-------|
| SCORES FROM HIGHEST TO LOWEST | | |
| Intuitive Awareness of Self-worth: | | 9.0 |
| Coachability: | | 8.8 |
| Mental Toughness: | | 8.8 |
| Understanding Discipline, Rules, & the Game Plan: | | 8.8 |
| Maintaining a Winning Mindset: | | 8.7 |
| Focus: | | 8.0 |
| Intuition: | | 8.0 |
| Intuition: | | 8.0 |
| Self-Knowledge | | 7.8 |
| Concentration: | | 7.7 |
| Game Intelligence: | | 7.7 |
| Motivation to DO what it takes to win: | | 7.7 |
| Understanding what it takes to win in Football: | | 7.7 |
| Understanding Teammates and Coaches: | | 7.6 |
| Decision-making Ability: | | 7.5 |
| Self-motivation/Desire | | 7.5 |
| Competitive Fire: | | 7.2 |
| Self-confidence: | | 6.9 |
| Understanding Player Performance: | | 6.8 |
| Emotional Self Control: | | 6.7 |
| Team Player: | | 6.7 |
| Football Role, Position & Performance: | | 5.4 |
| Self-discipline: | | 5.4 |

Game View



This measures how much you understand and how you feel about the external world around you from a football perspective. Do you understand your teammates, coaches and trainers, and do you tend to over-value these relationships, treat them situationally or manipulate them to get what you want? Do you know how to get things done as a football player? Do you understand the value of following the game plan and rules, and do you rely heavily on it or are you a maverick?

1. Understanding what it takes to win in Football:

How well do you understand the demands of football and the demands of the position you play?



This is the first of two hugely important scores to your football career. This is the “Outside of You” score – a sum of all the elements presented in Part 1 of this report. It tells you how well you understand what is needed for you to succeed in football. It is a general measure of your ability to see what is happening on the field and identify and accurately judge what’s really important. This score reveals how well you understand what the game of football is actually all about.

High scores indicate a clear and definite understanding of football, and knowing what it takes to win. You pick up the “little details” that make a big difference in the outcome of the game. This gives you a big advantage over most players. You see things they don’t see, and you pay attention to the things that actually are the most valuable!

2. Understanding Teammates and Coaches:

How well do you understand the roles and importance of teammates, referees and coaches?



This score measures your mental clarity regarding the importance of other players in any football team effort and how players, coaches and referees interface to make the game of football. Of course you know they're all important, but players differ in the value they place on teammates, coaches and referees. This has a huge impact on what you choose to do and how you play. It also affects how your teammates relate to you. Do you give them positive energy or do you take it away? This is something they pick up from you but are unlikely to tell you.

High scores indicate you understand and value the contributions of others. You get how important others are to the team and your success. Your tendency is to be sensitive to and supportive of other players and their position or role in the game. This makes you a good teammate – you contribute to the positive “vibes” of the team.

Note: The next 2 attributes (with percentage scores) are relative to the value of the attribute score above (with the 10 point scale). If the number **above is in the high range**, then the attributes below are **less significant** and become more tendencies (or situational attributes) as your score above approaches a 10.

3. Attitude toward Interpersonal Harmony:

How well do you get along with your coaches and teammates?



This score measures your attitude toward effective, positive relationships with other game participants. It shows how engaged you are with your teammates, how well you get along with them, and how aware you are of the importance of having good relationships. In short, what kind of a teammate are you?

An **under-valued** attitude indicates varying degrees of independence or emotional distance from other players, passive engagement, and in some cases, fear, reluctance or resistance to working closely with coaches and teammates.

Combined with a high score in Understanding Teammates and Coaches, your under-valued attitude here isn't a big deal. You may currently be overly focused on results and/or feeling pressured or stressed.

Combined with a low score in Understanding Teammates and Coaches, it is unlikely you are a great teammate. You tend to under-estimate the abilities of other players, take them for granted, ignore or disrespect them. You may under-value their strengths, abilities and potential contributions and have an attitude like, "I don't need my coach or teammates telling me what to do." You likely don't get very "personal" with teammates. Perhaps you may have been hurt by someone close to you and fear taking the risk again. On the other hand, many professionals choose to keep an emotional distance from teammates purposely, to better maintain objectivity and control. Ask some people about how they view you as a teammate. Consider getting some coaching on how to be a better teammate.

4. Attitude toward Interpersonal Conflict:

How do you handle it when teammates make mistakes or disagree with you?



Get a team of people together doing something they are passionate about and there WILL be conflict. This score measures your attitude toward conflict with other players. Are you aggressive or passive toward a teammate when he does something you don't like or makes a mistake on or off the field? This score reveals how you are most likely to handle it.

An **over-valued** attitude reflects players and coaches who exaggerate the weaknesses and faults in others. You tend to over-react when they make mistakes, lack discipline, get injured, cheat, or choke under pressure. You make these actions even worse than they really are and deal with them pretty aggressively. You may habitually blame others for losses. You're very hard on your teammates, judging them harshly. All this negative energy holds back your progress in football and makes you unpopular with teammates. Lighten up!

5. Understanding Player Performance:

How well do you grasp the "cause and effect" aspects of football?



Do you see and understand what actions must be taken to win? This score reveals your mental grasp of tangible, observable football game realities, like what causes what, and what do you physically have to do to succeed. We're talking about the visible mechanics and execution of football. If you were a robot and your coach could program you to make "smart" football choices, how would he program you to do these things? The higher your score, the better "programmed" you are for these smart football choices.

Moderate scores indicate you generally know what to do or how to play in a given football game or context, but you may occasionally take things for granted, overlook certain details, or get impatient with the process and lose focus. You can see what it takes to win and believe winning is important, but are not a big "student of the game" always looking for that extra edge. Sort of like getting a B or B+ in school. You are not likely to be an "over-achiever."

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6. Attitude toward Team Success:

How well do you thrive in a football team setting? How much energy do you put toward team success?



Do you bring a “winning spirit” to your team or do you focus more on errors and mistakes? Football has many routines and rituals. Each team has its own “norms” and rhythms. This score reflects your attitude toward conforming to those routines and norms. It shows how you relate to your team’s success and failure. It indicates the degree to which you are engaged in the flow of the game from a team standpoint. Are you “all in” and a positive contributor to team chemistry? Or do you drain energy from the team?

An **over-valued** shows you are aware of and sensitive to the “norms” of your team. You most likely have a strong sense of team spirit and value fair play and good sportsmanship. You rely on your teammates’ performance (in a good way). You tend to be competitive and highly value maintaining poise, even when under great pressure. You may also have a high achievement focus with a great deal of emphasis on meeting or exceeding standards set by coaches and teammates (that is, you train hard for the good of the team). You do your best to help your team stay focused and on track.

7. Attitude toward Team Challenges and Problems:

What is your response to your teammates when “bad” things happen?



This score reflects your attitude and response to the many setbacks and problems a football team experiences. It shows how you relate to your teammates during failure and adversity.

An **under-valued** attitude shows you under-value the bad things that happen in games or that your teammates do. In other words, you judge bad things that happen in a game as less bad than they really are. You accept conflicts and problems more than you should. This could mean you are currently not actively involved in the game – as if you are not a regular and feel you do not contribute to any team failure. If you are playing, this indicates an acceptance of your team’s or your own poor performance or football situational problems. In your mind, bad plays, missed tackles, dropped passes, losses, injuries, and other “bad” things are all part of the game and are to be accepted as such. While they are part of the game, you don’t care enough about them to be a champion level teammate.

Combined with a high clarity score in Understanding Player Performance, this could mean you prefer to avoid conflict situations. If your attitude is over-valued in Attitude toward Team Success, and under-valued here, this is a strong indication you exhibit a “play to win” versus a “play to avoid losing” attitude. You focus on playing the game well and right, and are willing to take risks to win, versus a mistake-avoidance (no-risk) focus.

Combined with a low clarity score in Understanding Player Performance and an under-valued score in Attitude toward Team Success, this shows you may distance yourself from the team in a game. Perhaps you just don’t want to be emotionally connected with the team or perhaps you can’t because doing so would be overwhelming to you emotionally. You might make errors that cost the whole team. You may or may not be a big drain on the team’s energy, but you most likely are not helping it.

8. Understanding Discipline, Rules, & the Game Plan:

How well do you understand the discipline and demands of football?



This dimension is about “what’s what” in football in terms of how the game is organized: the rules, the techniques, the strategies and the purpose for each. It involves the standards, principles, organization, policies, rules, and all elements establishing discipline, structure, and order.

High scores indicate you get it. You’re dedicated to high standards and principles, game knowledge, and clear understanding of game rules, purpose and routines. As a result you likely have positive, productive relationships with authority figures, such as coaches, referees and leaders.

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9. Attitude toward Coaching and Respect for Authority:

How cooperative and respectful are you toward coaches, official decisions and game or team rules?



This score measures your attitude toward the benefits of respecting and obeying authority. Do you think it’s helpful to be “coachable,” respectful of officials, and do what your trainers tell you to do?

An **over-valued** attitude shows you are likely “over the top” with respect for authority. You “over-value” obedience to the point where you give away too much of your power to coaches and other leaders. You’re likely fiercely loyal, conforming, and overly reliant on the rules coaches and team leaders set. This attitude indicates you have intense devotion and dedication to high game standards and principles, and even if you disagree, you will respect official rulings and go along with them. You may be rigid and perfectionistic about adhering to rules and routines, feeling discomfort when “order” is not present. It’s of course necessary for players to follow rules for a team to be successful, but you’re a bit stiff about it.

10. Attitude toward Breakdowns:

How do you respond when decisions are made with which you disagree?



Is it important to be organized and structured? This score measures your attitude toward disorganization and lack of structure. It also shows your attitude toward disorganization and deficiencies in game systems, rules and planning. How do you feel when the structure of the game, decisions, or the team breaks down?

An **over-valued** attitude indicates you tend to magnify and spend too much energy on negative things and tend to over-react to breakdowns. You are likely actively engaged in pointing out any deficiencies you see in other players or game systems, including an official's bad calls, not playing your position and loss of mental focus, etc.). You may be super critical of players who "cheat" or break the rules, as well as coaches and trainers who make diagnostic errors, bad decisions, or who may not live up to your expectations.

Self View



This measures how much you understand and how you feel about yourself. Do you understand where you have come from, where you are in your football position and where you are going in your football career? How do you feel about your potential to grow and develop, your current role on the team and your direction toward the future? Are you focused on the past, the present or the future and how does that affect you today as a football player?

11. Motivation to DO what it takes to win:

How willing and able are you to DO what it takes to win in football?



This is the second of the two most important scores in this report. It's your summary score for the part of football that is happening "Inside of You." The higher your score, the better your motivation, confidence, mental toughness and self-esteem. The higher your score the more skilled you are at managing the emotions that come with the ups and downs of football. The higher your score the more clearly you can see yourself succeeding. The lower your score, the more you are getting in your own way. Your way of thinking and seeing yourself in the game is putting up internal road blocks and those blocks are keeping your talent from showing up on the field. If you have dreams of playing at higher levels, a strong score here is vital.

High scores indicate you are willing and able to do what it takes to succeed in football. You have high levels of self confidence, emotional control, motivation, self-worth, and role clarity. Your mental game is a big advantage for you. You are likely able to consistently access your talent (as opposed to having your natural and trained abilities choked off by fears and doubts). This is also good news for you in your life off the field.

12. Emotional Self Control:

How well do you handle and respond to football or game stressors that directly affect you?



This is a measure of how well you handle the stresses of everyday life as a football player. If you have emotional self-control you have the ability to keep your emotions well organized and under control when confronted with personal or football game problems. Do you respond to problems in a calm, rational manner?

Moderate scores indicate you handle and respond to challenges well most of the time. But on occasion, you may react emotionally, showing frustration or irritability. This is a healthy score, indicating that you are willing to vent your emotions vs. letting them build up inside. A higher score is better.

13. Intuitive Awareness of Self-worth:

How well do you understand the value you bring to football as a unique individual – apart from your stats?



This score measures your sense of self-worth – a hugely important factor in your football success and enjoyment. When players have a low sense of self-worth, that is, when they don't think highly of themselves as people apart from their football performance, they put enormous pressure on themselves to succeed. They link their results on the field to their value as a person. Since failure is such a normal part of football, they tend to feel bad about themselves much of the time. They live in fear of failure. Fear causes tension and distraction which lead to bad performance: They attract the very thing they fear.

A high sense of self-worth means you know you're a good person even when you fail on the field frees you to play great because you aren't afraid to fail. It gives you a feeling of "connectedness" with the world of football, and a huge advantage over most players.

High scores indicate you have a strong, clear understanding of your value as a person in football. You know you are unique and irreplaceable and you don't define yourself through what you can accomplish and achieve in football. A high score indicates you have faith in yourself and your football potential, and understand your strengths and weaknesses very well. You have developed a strong comfort level and feel at home on the field, and you enjoy just being you. This frees your physical talents and skills to play on the field.

Note: The next 2 attributes (with percentage scores) are relative to the value of the attribute score above (with the 10 point scale). If the number **above is in the high range**, then the attributes below are **less significant** and become more tendencies (or situational attributes) as your score above approaches a 10.

14. Insight into Personal Football Potential:

Do you have the inner drive to improve and get better as a football player?



How bad do you want it? This score reflects your inner drive to achieve your potential. It tells you, at the subconscious level, the degree to which you desire to tap into your football potential and bring it into reality. It is a measure of the quality of your internal motivation.

An **under-valued** or negative score indicates you want to get better – in fact, you feel you **NEED** to get better. You agree you have a lot of undeveloped potential within and you desire to make it real and actual.

Combined with a **high** clarity score in Intuitive Awareness of Self-worth, this attitude is less significant, but still implies you have a strong desire for further improvement.

Combined with **moderate or low** scores in Intuitive Awareness of Self-worth, this attitude indicates varying levels of dissatisfaction with who you currently are in your football world. You don't feel you're where you need to be. You may not believe that training and practice bring out the best in you, and you may not have much faith in yourself that you can play to the potential others say you have. You likely don't feel "at home in the world of football." However, this tends to fuel the fire within to continuously work on improving yourself and your game.

15. Attitude toward Personal Football Problems:

What is your attitude about personal problems or barriers to football excellence?



This score reflects your attitude toward personal problems or obstacles that may stand in your way to achieving higher levels of success in football.

A **neutral** attitude indicates an objective and realistic awareness of any personal problems or shortcomings you may have, and the likelihood you are doing what you can to overcome these problems.

16. Football Role, Position & Performance:

Do you feel your talents are being fully utilized within the demands of your current position on the team? Are you “all in” with the team and your role on it? Are you and your team a good fit?



This score measures your ability to be at peace with your roles as a football player both on and off the field. It indicates the degree to which you are getting personal fulfillment from your position in the game of football as well as your sense that you’re at the right position for you. A high score suggests strong identification with your role on the team.

Low scores indicate you are out of synch with your role in football. You may not understand or accept your role and don’t feel like doing what you’re asked to do. You may allow personal problems to interfere with your performance, and you may have a fear of (or be disabled from) fully engaging yourself in an actual game. You may have difficulty staying on target, or you may feel distant or alienated from your team. You may feel you are a bad player, you may be lazy, or feel unable to fully engage mentally or physically. In some cases this may be due to a past or recent injury. You may also feel overwhelmed if you are a new player on the team or if you are playing in a new or unfamiliar position. A low score may also indicate that you are in transition and you may feel uncertainty about your future in football.

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17. Attitude toward Playing Big:

Do you go “all-out” when you play your game?



This score reflects your attitude toward your success in football. Are you playing at your best? It also measures the degree to which you enjoy your position on the team, as well as your other responsibilities -the more positive your attitude, the bigger you're likely to play.

An **under-valued** attitude indicates something is “off.” You're likely not happy with your role or your team. You don't find it fulfilling and this restricts you from playing big.

Combined with a high clarity score in Football Role, Position & Performance, an under-valued attitude here is less significant, and indicates you may feel your current position or team affiliation does not offer many challenges or opportunities. You may be in transition or between teams. In other words, your low score means something is off in your current situation (e.g. you don't like your coach or your teammates, or you have a physical issue holding you back), but you may see yourself playing free of those problems in the near future.

Combined with a low score in Football Role, Position & Performance, you may have a football related injury or health issues, such as not being able to fully apply your talents and further develop your potential, which can produce an attitude of lower self-confidence and motivation. You may not be very team-oriented, you may judge your performance as not showing up, and you may have a hard time improving your performance due to your passive engagement. You lack the commitment it takes to play big, and you actually take an emotional distance from discipline and game preparation activities and your responsibility to maintain your own fitness and game readiness.

18. Attitude toward Performance Problems:

How do you respond when problems arise or things go wrong because of your own poor performance?



This score reflects your attitude toward problems in your own performance, training habits, work ethic and game readiness and participation.

An **under-valued** attitude indicates you do not see many, if any, problems or obstacles to maintaining game readiness. You lead a strong, healthy, athletic life. You are proud of your football performance and believe you have good training and practice habits. You feel you're doing the very best you can. You always find a way to handle the demands of your position.

19. Maintaining a Winning Mindset:

How mentally strong and reliable are you, and how well do you maintain mental composure?



This score is about your mental composure, even when faced with adversity— do you keep a winning mindset? Do you have the mental mindset and commitment to the planning and discipline necessary to create a clearly defined, successful present and future in football? Or do you let mind-traps or mental blocks rattle your composure?

High scores indicate you have a clear, strong and mature self image in terms of playing the game of football. You have a passion for winning and your team knows they can count on you! You understand how to prepare for a game and you have clear performance goals. You also have the discipline and commitment necessary to forge ahead and make your dream come true.

Note: The next 2 attributes (with percentage scores) are relative to the value of the attribute score above (with the 10 point scale). If the number **above is in the high range**, then the attributes below are **less significant** and become more tendencies (or situational attributes) as your score above approaches a 10.

20. Mental Toughness & Drive to Win:

How Strong is your Positive Mindset?



This score measures the quality of your desire for success in football (the fire in your belly) and the persistence you have to win a game and make your dream come true. Your score reflects the degree of mental toughness and tenacity you have to reach your football performance goals and aspirations. This score is about the discipline, persistence and determination to win and maintaining a positive, winning mindset even in the face of great adversity.

An **over-valued** attitude indicates you're a gamer; you are going to play all-out, no matter what. You're totally committed to your performance, and your consistent efforts and strong self-discipline nearly guarantee you will achieve your sports goals. A positive attitude here indicates you are super-driven, and it is this persistent drive, mental tenacity and resilience that results in your high level of football accomplishment. You have a passion for winning, and your quick thinking helps you know what's next when playing. You clearly understand the rules of the game, possess the mind speed needed for success, and believe your team can definitely count on you.

21. Attitude toward Personal Setbacks:

How do you handle adversity, failure and disappointing outcomes?



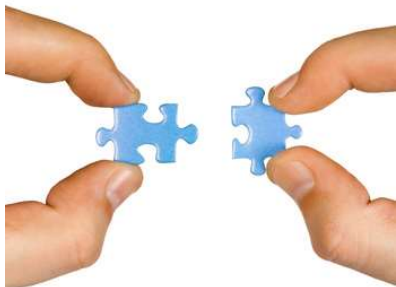
Football is a game of adversity. If you haven't failed in a game recently you'll fail very soon! To succeed in football you must be able to avoid making mistakes and bounce back quickly when "bad" things happen. This score indicates your attitude towards barriers, difficulties and "dead-ends" or loss of direction on the road to success in football and life.

An **over-valued** attitude indicates you may feel it is very difficult to get ahead or reach higher levels of success. You may have unrealistic expectations that are not being fulfilled, or you may dwell on mistakes you have made in the past.

Combined with a **high** clarity score in Maintaining a Winning Mindset, this attitude becomes less significant; any problems you may be experiencing in this area are likely inherent in your current football position or with your current team, and should be temporary or situational; you know what to do, and should be able to resolve them quickly and move ahead.

Combined with a **low** clarity score in Maintaining a Winning Mindset, you may feel a loss of control and power over your destiny, making it difficult to overcome the problems and barriers (which are magnified in your mind) standing in the way of your success. This could be the result of sustaining an injury that removes you from active game play. You may be passively engaged, or have the tendency to dwell on past mistakes or recent poor performance. This indicates that you are pre-occupied with personal setbacks – you are falling into negative mind-traps by focusing on what you should avoid as opposed to what you should be doing to succeed. This can put you in a slump. You need to practice training your mind to focus on the positive versus the negative, by setting realistic, positive goals with your coach or trainer, and embracing the discipline demands of the game.

Combined View



These attributes are measured by combining your Football Game View and Self View to get a complete picture of YOU from a football perspective.

22. Coachability:

How effectively do you take instruction from authority figures?



This score measures your willingness to allow other individuals to help you improve your game.

A **high score** indicates a strong internal motivation for self-improvement. You have an intense desire to learn and do more to better utilize and further develop your athletic potential. You don't believe you know it all, and tend to have a receptive, cooperative attitude toward authority figures like coaches and trainers. You are open and willing to take directives and criticism, even asking for (and taking) advice on how to most effectively improve your performance. One word of caution: be on the lookout for being "too" coachable. You get the most out of your talent by playing freely and authentically, not by trying to please others.

23. Competitive Fire:

How strong is your desire to compete and win?



This attitude score measures your drive to go all out and to compete against others – and yourself.

A **high score** indicates passionate drive, high energy, and an intense desire to play well and win. You tend to go "all in" during games and practice, and you know what is expected of you and what you expect of yourself. You may obsess about your sport and have a strong or even excessive emphasis on game readiness and meeting or exceeding goals and standards. Your attitude toward personal and team success is very positive, which makes it likely you'll play to win instead of playing to avoid losing.

24. Decision-making Ability:

Do you generally see situations clearly enough to allow you to make good decisions?



You make decisions throughout the day, on and off the field. Your “decision-making ability” score tells you the degree to which you can consistently make sound, timely decisions on and off the field.

High scores indicate the absence of problems that could interfere with excellence in football game decision-making. A high score indicates you tend to make consistently appropriate, productive, efficient and effective decisions which lead to good results and game success.

25. Intuition:

How well can you “feel into the play” and make intuitive, “gut” decisions that turn out well?



Great players like Joe Montana have a “6th sense” that enables them to anticipate what’s going to happen next. That’s called “intuition.” This score reveals your capacity to correctly sense the most important aspects of what’s going on in the game and take the right actions despite not having all the facts. For example, you can “guess” what play the opposing player is going to do before they actually do it.

High scores imply that you can make accurate intuitive decisions. You have a strong 6th sense for the game. This tends to put you almost magically in the right place at the right time.

26. Concentration:

How well do you maintain focus throughout the game?



Peyton Manning had the ability to concentrate game in and game out which allowed him to consistently play at the highest level. Your Concentration score tells you how powerfully you can focus your energy and attention.

High scores reflect you are not easily distracted; you work and play with intensity – you do not like to be disturbed or interrupted.

27. Focus:

How well do you maintain concentration on what's most important throughout the game?



This is a measure of your ability to focus full attention on the task(s) at hand in spite of all distractions, both external and internal.

A **high score** indicates you are able to keep your attention on what's most important on a moment-to-moment basis. You are not easily distracted. You work and play with consistency and intensity, and you don't like to be disturbed or interrupted. You clearly understand and value the game variables that lead to success and failure. In other words, you know what to do and when to do it. You are fully engaged and targeted in the right direction at the right time.

28. Game Intelligence:

How well do you really understand what contributes to winning?



At every moment of every game there are countless things you **COULD** pay attention to. "Game intelligence" is a general measure of your ability to distinguish between what's important to pay attention to and what's not. The higher your score the better able you are to identify and pay attention to the things that contribute most to success. The lower your score the more ineffectively you spend your mental energy. This summary score particularly emphasizes three parts of your game:

1. How you value and relate to your teammates and coaches
2. How you value and relate to the technical or mechanical aspects of your game (skill execution)
3. How well you see the "Big Picture" of how all of the pieces of the game fit together (game design and strategy)

A **high score** indicates a clear and definite understanding of the game: You know what **REALLY** helps you and your team be successful and you spend your energy on those high leverage actions. You are able to effectively balance your energy between your teammates, skill execution and the big picture strategy for winning. You have a deep, purposeful relationship with the game and likely have a great deal of passion and respect for it. This helps you maintain a high-level, coach-like focus throughout the competition.

29. Intuition:

Do you have good instincts? How well can you “feel into the play” and make intuitive, “gut” decisions that turn out well?



Great players seem to have a “6th sense” that enables them to anticipate what is going to happen next. That’s called “intuition,” or, more commonly in sports, “instincts.” This score reveals your capacity to correctly sense the most important aspects of what is happening in a game and take the right actions despite not having all the facts. For example, you can “guess” what will happen on the next play, or you sense what your opponent is going to do just before they do it.

A **high score** indicates you can make accurate intuitive decisions. You have a strong sixth sense for the game. This tends to put you almost magically in the right place at the right time.

30. Mental Toughness:

Are you mentally tough? When you fail or when the game is on the line, do you play better or do you play worse?



This score measures your ability to bounce back from failure or set-backs, to “Play Big” under pressure, and to tenaciously pursue your goals with an attitude of continuous improvement regardless of what adversity comes your way.

A **high score** indicates you have a deep-down sense you are a good player and work toward your goals with high energy and drive. You have the discipline, determination and persistence to win and maintain a winning attitude. You are totally committed to your game, with full, active engagement. You are highly resilient, adapt well to changes, and see no real obstacles to your success. You make few mistakes, but handle setbacks and losses well. As a result you are able to bounce back quickly from adversity and are a good performer in the clutch.

31. Self-Knowledge

How well do you know yourself and understand your strengths and weaknesses as a player?



This score measures the clarity of your understanding as well as the quality of your appreciation of who you are in your sport. Scoring highly in Self-Knowledge means you:

1. Value yourself highly as a person independent of your recent stats (that is, you may be disappointed when you play badly, but you know a bad performance doesn't make you a bad person)
2. Understand and accept your current role (note: accepting your current role doesn't have to mean you like your current role)
3. Fully identify with being an athlete in your sport (at a deep level you feel a strong sense of belonging in your sport)

Knowing yourself gives you a huge edge: it enables you to know what adjustments you need to make in different situations, and it frees you to go out and just "be yourself" and just play instead of "trying hard," "pushing," or "forcing" in competition.

A **high score** indicates you have achieved a clear understanding of your individuality, game roles and your unique contribution to the team. You are comfortable in your own skin, have healthy levels of self-esteem and are less inclined to ride the emotional "results roller coaster." That is, you value yourself as a person independent of your stats, accept your role on the team right now (and are probably performing well right now), and you deep down see yourself as a successful athlete in the future. High scores often indicate you do not necessarily validate your self-worth through your sports performance.

32. Self-confidence:

Do you have a positive attitude and believe in yourself and your abilities to achieve your goals?



This attitude score measures your belief and reliance in yourself and your abilities to perform your best.

A **moderate score** indicates you are not completely confident in your abilities to perform as expected in a given game. You need to put together a string of small successes to solidify your self-confidence and repeat this over and over until it is internalized. The problem here again, is consistency: there may be times when your belief in yourself and your abilities is high, and at other times, your faith in yourself and your performance may suffer.

33. Self-discipline:

How well do you adhere to a practice and training routine? How well do you keep your behavior, emotions, and desires aligned with your goals?



Top athletes consistently choose to act in alignment with what they are committed to (i.e. they train hard even when they don't feel like it), whereas less successful athletes do what they feel like doing. Your Self-discipline score reflects your ability to control the thoughts, emotions, and behaviors that guide you toward or away from your long-term goals. It includes your ability to remain focused on the task at hand and your degree of freedom from internal and external distractions.

A **low score** indicates weaker levels of self-discipline. You may not maintain focus on the task at hand because it is difficult for you to consistently keep control of your thoughts, emotions and behaviors. This likely results in inconsistent or deficient practice and training habits. Something pulls your attention off your training or off your competitive focus. You may not like your current role or performance level, or you may not like the effort required to reach high levels of performance. You may feel you don't need to practice or train. You may allow personal problems to interfere with your performance or you may have a fear of (or be somehow disabled from) fully engaging yourself in the game. Without a clear goal to work toward, you can become easily distracted.

34. Self-motivation/Desire

How strong is your present desire to improve? How badly do you want it?



This score measures your ability to meet or exceed your own goals without external validation or being influenced by another individual. In other words, are you motivated from within (you are passionate and full of desire), or do you play more for other reasons?

A **high score** indicates you seek to live up to a very high set of self-standards and you constantly raise the bar on yourself. You have the inner desire and motivation to improve, and believe you have a great deal of undeveloped potential within. You continuously work to improve yourself and your game through learning more, setting new and higher performance goals, and being super-driven. You are fully engaged in reaching for higher levels of athletic accomplishment.

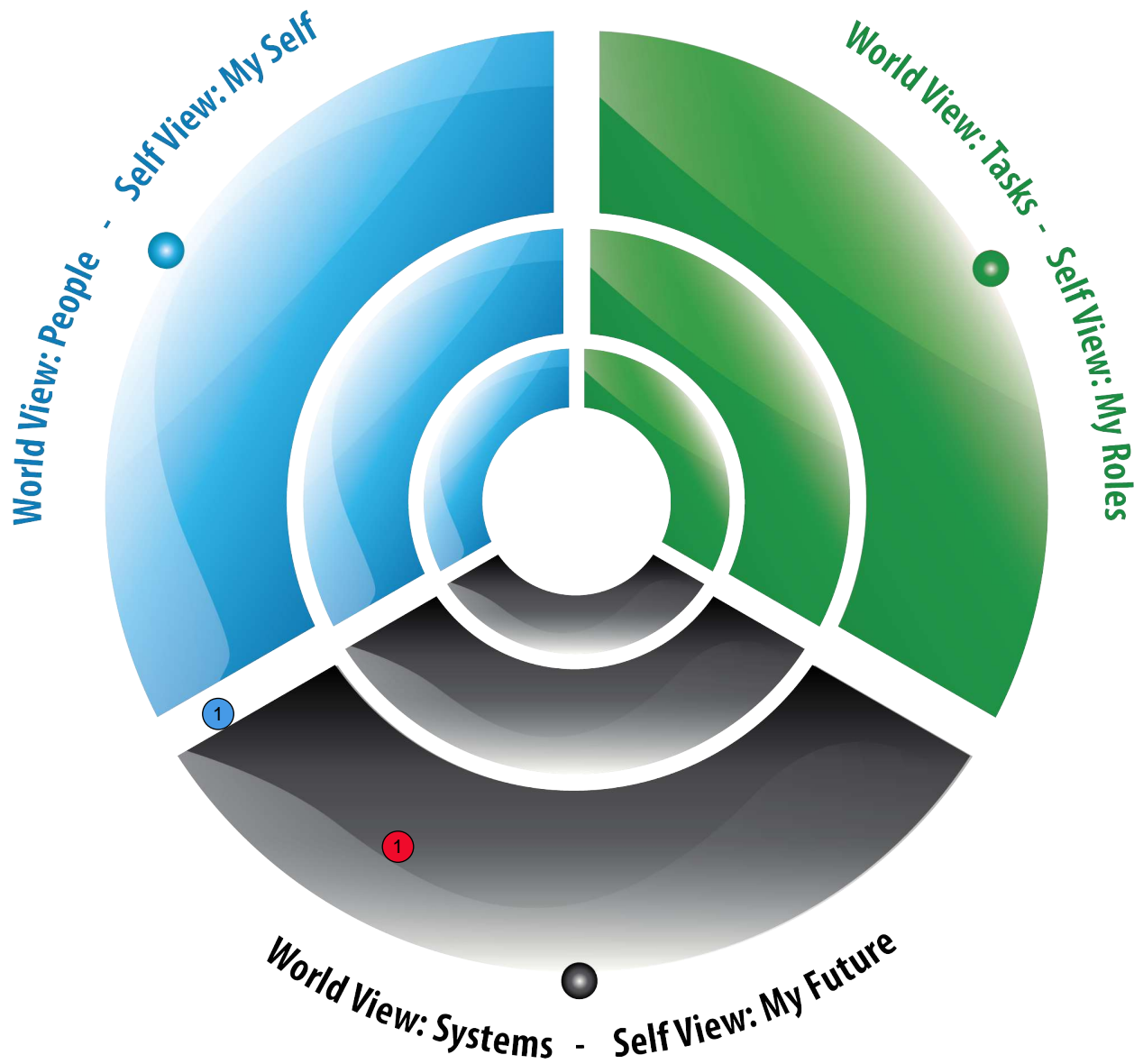
35. Team Player:

Do you put the team needs ahead of your own? Are you a good “team chemistry” player?



This score measures your ability to positively relate to your teammates and perform your tasks as a team player in a way that builds positive energy.

A **moderate score** indicates you are likely a good teammate, but sometimes keep some emotional distance from the other players. You usually add positive energy to the team, but at times you don't. This may keep you from being a leader on the team. In a game you may feel a degree of uncertainty about exactly how to execute a given play, where and how to move and respond to changing game circumstances within the context of the team. You may flip-flop between putting the needs of the team or your own needs first.



World View = 

Self View = 

Profile Notes: