

The Mindset Assessment: Utilizing Your Report & Training Guide

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PREMIER
SPORT PSYCHOLOGY

What is The Mindset Assessment?

1. A tool to measure the mental wellness and performance of athletes
2. Provides a wholistic view of how you are doing as an athlete
3. Helps identify your strength and growth areas to support your performance and development

Developing The Mindset Assessment

1. Gap in the tools available for supporting the growth of athletes – mental wellness AND performance
2. Designed specifically for athletes, by and with experts in the field
3. Prompt to experts (e.g., coaches, athletic directors, sport psychologists, mental performance coaches):
 - “In order for youth athletes to maximize their mental health and development, they should...”
4. Ranked statements based on important to mental health and performance
5. Grouped the statements into distinct categories based on similarity

What The Mindset Assessment Measures



Growth Mindset

An athlete's ability to celebrate signs of progress throughout the year, feel empowered to try new things, and embrace challenges.



Self-Confidence

An athlete's self-awareness and openness to ask for help when needed. This also includes a willingness to ask questions, having a healthy way to handle pressure from others, and loving their sport.



Team Culture

Feeling valued on a team regardless of performance, playing for a team that focuses on more than wins and losses, and choose clubs that create supportive and positive environments.



Health Behaviors

The athlete's commitment to maintaining mental and physical health. This category includes sleep, managing social media use, and taking rest days.

Activity

Think of one of your best performances on the course. What was the single most important factor that helped you play so well?

Understanding Your Scores

YOUR SUMMARY REPORT

Age: 18
Date: 2025-05-02

Growth Mindset

Your score compared with your peers



50th

Self-Confidence

Your score compared with your peers



50th

Team Culture

Your score compared with your peers



50th

Health Behaviors

Your score compared with your peers



70th

Percentiles:

- 10th and 20th = Growth Opportunity
- 30th and 40th = Emerging
- 50th and 60th = Foundational
- 70th and 80th = Developed
- 90th and 100th = Advanced

Growth Mindset

A growth mindset is an athlete's ability to celebrate signs of progress throughout the year, feeling empowered to try new things, and embracing challenges.

Ways to Improve and Maintain

- View imperfections and mistakes as opportunities to learn and grow
- Ask yourself "What went well?" and "What's worth improving?" after each round or practice
- Focus on what is within your control
- Talk to yourself the same way you would talk to a friend or teammate
- Set goals that have nothing to do with winning or losing and celebrate signs of progress throughout your season
- When faced with challenges or uncomfortable situations, remind yourself that failure is a part of success and will help you in the long run

Discussion

What is one thing that is always in your control on the golf course?

Self-Confidence

An athlete's self-awareness and openness to asking for help when needed. This also includes willingness to ask questions, having a healthy way to handle pressure from others, and loving their sport.

Ways to Improve and Maintain

- Skill mastery – practice, repetition, and process goals
- Verbal persuasion – positive self-talk
- Modeling – watch others at your level
- Ask more questions in practice
- Post-performance reflection – write down 3 things you did well
- Focus on being the best athlete you can be

Discussion

What is something you tell yourself after you make a mistake on the golf course to maintain your confidence?

Team Culture

Feeling valued on a team regardless of performance, playing for a team that focuses on more than wins and losses, and choose teams that create supportive and positive environments.

Ways to Improve and Maintain

- Find opportunities to connect with others on a more personal level
- Pay particular attention to moments where you may distance yourself from others (e.g., when not performing well, when stressed)
- Consider speaking with a coach or teammate to share how you have been feeling
- Look for opportunities for the team to strengthen its relationships with one another
- Have open and honest conversations with coaches and/or teammates
- Communicate your appreciation to those who have supported you on your journey thus far

Discussion

What is an example of something a coach or teammate has done to create a positive and supportive team environment?

Health Behaviors

The athlete's commitment to maintaining mental and physical health. This category includes sleep, managing social media use, and taking rest days.

Ways to Improve and Maintain

- Improve sleep by implementing helpful sleep-hygiene strategies (e.g., sleep routine, consistent sleep/wake cycle, avoid large meals before bed, etc.)
- Reflect on whether your current hydration and nutrition regimen supports your wellness and performance goals
- Prioritize the recovery process by reducing physical and mental stress on recovery days
- Engage in rest and restoration - learn to recover and refuel with intentionality based on how your energy is being expended
- Filter social media from toxic influences
- Take time away from technology (computer, phone, etc.)

Discussion

What is your favorite way to relax and mentally recharge on recovery days?

Main Takeaways

- This is a tool to help you on your journey to becoming the best version of yourself on and off the course
- View failure as an opportunity to learn and grow
- Ask questions and utilize your support
- Prioritize your physical, mental, and emotional health
- Train your mind like you train your body

Thanks for joining us! Questions?

Improve your mental skills with the **Premier Mindset Program!**

PMP Website



Apple APP Store



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Short presentation
feedback survey:

