

Performance Profile: Myself as an Athlete

What does it take to be a successful athlete?

Brainstorm qualities you feel it takes to be a successful athlete and write those qualities along the outside of the performance profile. Next, honestly rate where you feel your abilities are in each quality on a scale of 1 (not skilled) - 10 (highly skilled). The middle of the profile is 0 and each line is 1, with 10 being the most outer line.

