

# CHAMPION MINDSET COACHING ASSESSMENT FORM

## YOUNG CHAMP'S SELF EVALUATION

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Date: \_\_\_\_\_ Name of Coach: \_\_\_\_\_

Tick the box which best shows what you feel about each of the following statements:

		For Official Use Only
1) When I am feeling down, I remind myself to focus on the good things in my life.	<input type="checkbox"/> Exactly like me <input type="checkbox"/> A lot like me <input type="checkbox"/> Somewhat like me <input type="checkbox"/> A little like me <input type="checkbox"/> Not like me at all	<input type="checkbox"/> 5
2) When I get upset, I stay upset for several days.	<input type="checkbox"/> Exactly like me <input type="checkbox"/> A lot like me <input type="checkbox"/> Somewhat like me <input type="checkbox"/> A little like me <input type="checkbox"/> Not like me at all	<input type="checkbox"/> 1
3) If I ever need help, I believe that my friends and/or family will be there for me.	<input type="checkbox"/> Exactly like me <input type="checkbox"/> A lot like me <input type="checkbox"/> Somewhat like me <input type="checkbox"/> A little like me <input type="checkbox"/> Not like me at all	<input type="checkbox"/> 5
4) I feel stressed and overwhelmed with school and life.	<input type="checkbox"/> Exactly like me <input type="checkbox"/> A lot like me <input type="checkbox"/> Somewhat like me <input type="checkbox"/> A little like me <input type="checkbox"/> Not like me at all	<input type="checkbox"/> 1
5) I will keep trying when things don't go my way.	<input type="checkbox"/> Exactly like me <input type="checkbox"/> A lot like me <input type="checkbox"/> Somewhat like me <input type="checkbox"/> A little like me <input type="checkbox"/> Not like me at all	<input type="checkbox"/> 5
6) I love and accept myself just the way I am.	<input type="checkbox"/> Exactly like me <input type="checkbox"/> A lot like me <input type="checkbox"/> Somewhat like me <input type="checkbox"/> A little like me <input type="checkbox"/> Not like me at all	<input type="checkbox"/> 5
7) I can never be as good as others.	<input type="checkbox"/> Exactly like me <input type="checkbox"/> A lot like me <input type="checkbox"/> Somewhat like me <input type="checkbox"/> A little like me <input type="checkbox"/> Not like me at all	<input type="checkbox"/> 1
8) I focus on my success rather than my failure.	<input type="checkbox"/> Exactly like me <input type="checkbox"/> A lot like me <input type="checkbox"/> Somewhat like me <input type="checkbox"/> A little like me <input type="checkbox"/> Not like me at all	<input type="checkbox"/> 5
9) When I make a mistake, I don't like anyone to know.	<input type="checkbox"/> Exactly like me <input type="checkbox"/> A lot like me <input type="checkbox"/> Somewhat like me <input type="checkbox"/> A little like me <input type="checkbox"/> Not like me at all	<input type="checkbox"/> 1
10) I am happy to be told when I have done something wrong and how I can do it better.	<input type="checkbox"/> Exactly like me <input type="checkbox"/> A lot like me <input type="checkbox"/> Somewhat like me <input type="checkbox"/> A little like me <input type="checkbox"/> Not like me at all	<input type="checkbox"/> 5

11) I am comfortable telling my parents how I am feeling.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

5

12) I cannot remember the last time I did something fun with my parents.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

1

13) I feel loved and supported by my parents.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

5

14) I wish my parents could understand me more.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

1

15) My parents have never been violent or abusive to me.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

5

**(Q16-20 If you have siblings)**

16) I can talk to my siblings about all kinds of things.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

5

17) I feel that my parents love and feel more proud of my siblings than me.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

1

18) I enjoy doing fun activities with my siblings.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

5

19) I frequently fight or argue with my siblings.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

1

20) When we have a disagreement, I will try to talk things out calmly.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

5

21) I make new friends easily.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

5

22) I often lose friends, and I don't know why.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

1

23) I am popular, people like me.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

5

24) I worry about bullying.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

1

25) How my friends feel is important to me.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

5

26) **When listening to someone, I maintain eye contact.**  
 Exactly like me    A lot like me    Somewhat like me    A little like me    Not like me at all

5

27) **I find it hard to express my ideas or feelings clearly.**  
 Exactly like me    A lot like me    Somewhat like me    A little like me    Not like me at all

1

28) **When someone else is talking, I pay attention and listen carefully.**  
 Exactly like me    A lot like me    Somewhat like me    A little like me    Not like me at all

5

29) **When someone is talking, I find myself thinking of what I am going to say next.**  
 Exactly like me    A lot like me    Somewhat like me    A little like me    Not like me at all

1

30) **I ask for clarification whenever I don't fully understand.**  
 Exactly like me    A lot like me    Somewhat like me    A little like me    Not like me at all

5

31) **I love to learn.**  
 Exactly like me    A lot like me    Somewhat like me    A little like me    Not like me at all

5

32) **I don't like many subjects at school. I just put up with most of them.**  
 Exactly like me    A lot like me    Somewhat like me    A little like me    Not like me at all

1

33) **I like to explore all the possible answers and find different ways of doing things.**  
 Exactly like me    A lot like me    Somewhat like me    A little like me    Not like me at all

5

34) **I believe there is only one right answer to each question and I must study hard to remember it.**  
 Exactly like me    A lot like me    Somewhat like me    A little like me    Not like me at all

1

35) **I enjoy reading books.**  
 Exactly like me    A lot like me    Somewhat like me    A little like me    Not like me at all

5

36) **I know what I want to achieve and set goals for myself.**  
 Exactly like me    A lot like me    Somewhat like me    A little like me    Not like me at all

5

37) **I always procrastinate and avoid doing important and unpleasant things.**  
 Exactly like me    A lot like me    Somewhat like me    A little like me    Not like me at all

1

38) **I believe that if I work hard and apply my abilities and talents, I will be successful.**  
 Exactly like me    A lot like me    Somewhat like me    A little like me    Not like me at all

5

39) **I am unsure of my ability to achieve the goals set.**  
 Exactly like me    A lot like me    Somewhat like me    A little like me    Not like me at all

1

40) **I create a vivid and powerful vision of my future success.**  
 Exactly like me    A lot like me    Somewhat like me    A little like me    Not like me at all

5

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41) I rarely spend more than an hour each day playing games or on social media.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

5

42) It is ok to visit pornographic site that my friends recommend.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

1

43) Other than spending time online, I have other interests and hobbies.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

5

44) I spend all my free time in my room playing games or surfing the net.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

1

45) I will not share my personal life with online friends or meet them in person.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

5

46) I exercise or play sports regularly.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

5

47) I eat fast food at least three times in a week.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

1

48) When I look at myself in the mirror, I am happy with what I see.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

5

49) I wish I could go for slimming or plastic surgery.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

1

50) I rarely fall sick.  
 Exactly like me  A lot like me  Somewhat like me  A little like me  Not like me at all

5

Combined Score: