

CHAMPION MINDSET COACHING ASSESSMENT FORM

PARENT'S EVALUATION

Name of Parent: _____ Name of Child: _____

Date: _____ Name of Coach: _____

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

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1)	When my child is feeling down, he/she will be able to remind himself/herself to focus on the good things in life.	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/>
							1
2)	When my child gets upset, he/she will stay upset for several days.	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/>
							5
3)	Whenever my child needs help, his/her friends and/or family will be there for him/her.	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/>
							1
4)	My child feels stressed and overwhelmed with school and life.	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/>
							5
5)	My child will keep trying when things don't go his/her way.	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/>
							1
6)	My child loves and accepts himself/herself just the way he/she is.	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/>
							1
7)	My child feels that he/she can never be as good as others.	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/>
							5
8)	My child will rather focus on his/her success rather than failure.	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/>
							1
9)	When my child makes a mistake, he/she doesn't like anyone to know.	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/>
							5
10)	My child is happy to be told when he/she has done something wrong and how he/she can do it better.	<input type="checkbox"/> Strongly Disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly Agree	<input type="checkbox"/>
							1

11) **My child is comfortable telling me how he/she is feeling.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

1

12) **It has been a long time since I did something fun with my child.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

5

13) **We have a loving and supporting relationship.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

1

14) **I don't understand my child well and is hard talk to him/her nowadays.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

5

15) **I have never been violent or abusive to my child.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

1

16) **My child can talk to his/her siblings about all kinds of things.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

1

17) **My child has mentioned that I love and feel more pride in my other child(ren) than him/her.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

5

18) **My child enjoys doing fun activities with his/her siblings.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

1

19) **My child frequently fights or argues with his/her siblings.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

5

20) **When my children have a disagreement, they will talk things out calmly.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

1

21) **My child makes new friends easily.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

1

22) **My child often loses friends, and he/she doesn't know why.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

5

23) **My child is popular, people like him/her.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

1

24) **My child worries about bullying.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

5

25) **How my friends feel is important to my child.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

1

26) **When listening to someone, my child maintains eye contact.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

1

27) **My child finds it hard to express his/her ideas or feelings clearly.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

5

28) **When someone else is talking, my child pays attention and listens carefully.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

1

29) **When someone is talking, my child will be thinking of what he/she is going to say next.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

5

30) **My child will ask for clarification whenever he/she don't fully understand.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

1

31) **My child loves to learn.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

1

32) **My child doesn't like many subjects at school. He/she just puts up with most of them.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

5

33) **My child likes to explore all the possible answers and find different ways of doing things.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

1

34) **My child believes there is only one right answer to each question and he/she must study hard to remember it.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

5

35) **My child enjoys reading books.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

1

36) **My child knows what he/she wants to achieve and sets goals for himself/herself.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

1

37) **My child always procrastinates and avoids doing important and unpleasant things.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

5

38) **My child believes that if he/she works hard and apply his/her abilities and talents, he/she will be successful.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

1

39) **My child is unsure of his/her ability to achieve the goals set.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

5

40) **My child is able to create a vivid and powerful vision of his/her future success.**
 Strongly Disagree Disagree Neutral Agree Strongly Agree

1

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41) **My child rarely spends more than an hour each day playing games or on social media.**

Strongly Disagree Disagree Neutral Agree Strongly Agree

1

42) **My child might be visiting pornographic site that his/her friends recommend.**

Strongly Disagree Disagree Neutral Agree Strongly Agree

5

43) **Other than spending time online, my child has other interests and hobbies.**

Strongly Disagree Disagree Neutral Agree Strongly Agree

1

44) **My child spends all his/her free time in his/her room playing games or surfing the net.**

Strongly Disagree Disagree Neutral Agree Strongly Agree

5

45) **My child will not share his/her personal life with online friends or meet them in person.**

Strongly Disagree Disagree Neutral Agree Strongly Agree

1

46) **My child exercises or plays sports regularly.**

Strongly Disagree Disagree Neutral Agree Strongly Agree

1

47) **My child eats fast food at least three times in a week.**

Strongly Disagree Disagree Neutral Agree Strongly Agree

5

48) **My child is happy with how he/she looks.**

Strongly Disagree Disagree Neutral Agree Strongly Agree

1

49) **My child has thought of going for slimming or plastic surgery.**

Strongly Disagree Disagree Neutral Agree Strongly Agree

5

50) **My child rarely falls sick.**

Strongly Disagree Disagree Neutral Agree Strongly Agree

1

Combined Score: