



Athlete Inventory Checklist

Name	
Age	
Sport / Skill	

The objective of this checklist is to set the parameters on who you are as a person, and thus create the personal foundation to grow into the best athlete you can become.

Identifying the traits that make you, you in addition to what things you value will grant you the ability to set goals that build a standard of development which inherently lead to personal success. There are levels in your game and we are here to define them!

Define yourself

What are 3 personality traits that best define you? Explain what each one means (ex. Hard working: I strive to give my best effort every time I go into practice).

1	
2	
3	

What do you enjoy most about your sport? Explain what things keep you going along with what things make you happy.

1	
2	
3	

What are the challenges? What skills do you need to approve and what are some obstacles?

1	
2	

3	
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List three things that are important to you in your life:

1	
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2	
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3	
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What is something you want out of each performance or game day? Winning and losing will happen, but what do you want from yourself each time you step onto the field of play?

1	
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2	
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3	
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Finally, list 3 goals you have for sport/ performance:

1	
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2	
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