

# Mental Fitness Self-Assessment

## Competitive Tennis Players

Name

Date

### Instructions

Rate yourself on each of the following aspects using the scale:  
(1: Never 2: Rarely 3: Sometimes 4: Often 5: Always)

1. I can focus on the present moment during matches.

1 2 3 4 5

☐ ☐ ☐ ☐ ☐

2. I maintain a positive attitude no matter what the score is.

1 2 3 4 5

☐ ☐ ☐ ☐ ☐

3. I recover quickly from mistakes or lost points.

1 2 3 4 5

☐ ☐ ☐ ☐ ☐

4. I am able to manage nerves and pressure effectively.

1 2 3 4 5

☐ ☐ ☐ ☐ ☐

5. I consistently use routines or rituals (e.g., between points).

1 2 3 4 5

☐ ☐ ☐ ☐ ☐

6. I am able to control my emotions during both winning and losing phases.

1 2 3 4 5

☐ ☐ ☐ ☐ ☐

7. I set achievable goals and work towards them during matches and practice.

1 2 3 4 5

☐ ☐ ☐ ☐ ☐

8. I visualize successful plays before and during a match.

1 2 3 4 5

☐ ☐ ☐ ☐ ☐

9. I am resilient and bounce back from setbacks or defeats.

1 2 3 4 5

☐ ☐ ☐ ☐ ☐

10. I enjoy the challenge of competing, regardless of the outcome.

1 2 3 4 5



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Comments or Reflections