

FinxS® Sports Competence Report / Athlete

This report is based on your answers in the FinxS® Sports Competence Assessment questionnaire.

Samuel Athlete

Organisation:

FinxS Sports Team

Date:

03.05.2019



Welcome to your FinxS® Sports Competence report

Thank you for completing the questionnaire and choosing to take this journey into finding out more about your own resources. The FinxS® Sports Competence Assessment is designed to help you discover your greatest strengths in sports and how you can use them more effectively. Getting to the top is not easy. We want to help you find your most natural way by identifying where your greatest potential is.

This report will not make you a top athlete. However, we believe that the amount of information it contains can help you to become one. We believe this report can provide you with another perspective of yourself as an athlete. It is possible that you did not consider some of the competences to be your special strengths. Or, maybe you never considered some of them being so critical to your success.

Questions, strengths and challenges

This report provides information about the 18 competences and how you scored on them. The following pages will provide you with more insight into your competences. There will be a lot of questions for you to think about, maybe just by yourself or together with your coach. Read the report carefully, spend time with the questions and make notes.

With your greatest strengths, this report helps you to identify if you are using those strengths to the fullest. It also helps you understand when those strengths can become weaknesses if you misuse them.

The report also helps you to understand with which competences you may have challenges. You may not want to choose those as your key paths to your success, but you could pay attention to make sure they do not prevent you from reaching the top.

Note about the pronoun usage:

This assessment addresses you, but when we refer to your type or person, it uses the singular "they" as a gender-neutral language to avoid bias toward a particular sex, social gender or gender identity and to not perpetuate gender stereotypes.

Are you ready?

This report is not a book that you read from beginning to end. You can start at any place, go in any direction and come back as many times as you wish. Enjoy it!

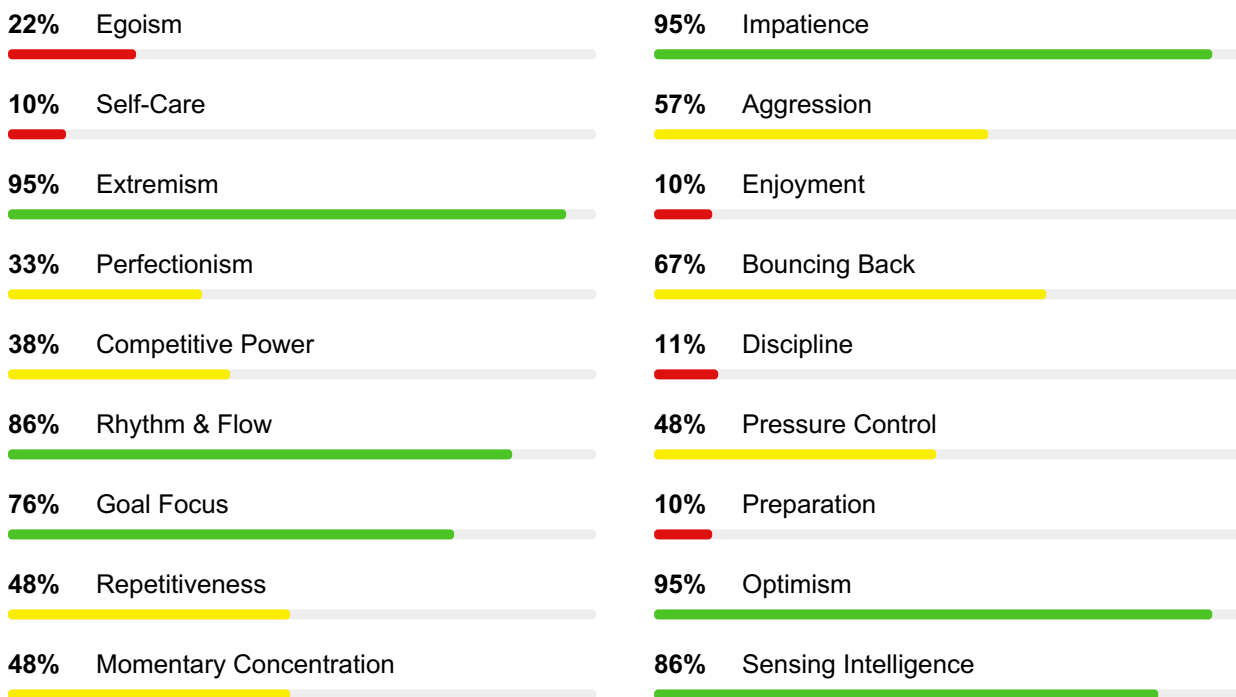
Executive Summary

FinxS® Sports Competence Assessment identifies 18 independent sports competences. By definition, none of the competences is better than another. Each of the competences can be your pathway to the top. It is up to you to decide what competence you focus on the most. Based on our experience, the ones that are the most natural to you are the ones in which you can the most easily gain a competitive advantage.

The below table summarises your scores for the competences. The higher the score, the more natural this competence is to you. We have made it easier for you to identify those competences by showing them in a green colour. The more on the left the competence is, the less natural it is for you and the more energy and focus is required if you want to use it. The red colour helps you to identify these competences.

This is just an overall summary of the results. The rest of the report will provide you with a deeper understanding of what those scores mean and how you should perhaps approach them.

Overall Scores



NOTES

Competence Summary

Does not want to emphasise oneself, understands that others also have needs, can wait for their turn, likes privacy, performs better when not the centre of attention, and does not create conflict with competitors.

EGOISM

22%

Puts oneself above the others, considers one's needs more important, wants to have everyone's focus, has no doubt about one's skills and excellence, enjoys being the centre of attention, whether good or bad.

Is impatient in developing oneself, sometimes even by risking one's long-term health. They are not very focused on preventive exercises but want to spend maximum time practising the actual sport.

SELF-CARE

10%

Even though they want to develop and become better, they do not take risks in achieving improvement but instead listens to one's body and feelings and can take a break when they feel it is needed. Allocates plenty of time for preventive exercises.

Prefers to take the same approach as others to develop oneself. Follows the training plan set by the coach and prefers to focus on proven exercises. Is ready and able to stop when feeling that they're close to reaching the limits.

EXTREMISM

95%

Is ready to go as far as one can - and beyond. Enjoys working longer hours and completing more miles than others. Reaching one's limits and finding what is beyond is a great motivator.

Is a more impulsive and spontaneous person when training. Enjoys variety and experimentation. Trusts more on how one feels during and after the training than trying to do everything that was planned.

PERFECTIONISM

33%

Has the attention to detail to follow a step-by-step training process. Approaches training systematically, does not attempt to "cut corners." Abides by instructions, does not attempt to "wing it." Believes that paying attention to every detail will provide the best results.

Even though they like to win and achieve the highest goal, understands this is not always possible. Can see something good in own performance even when has not reached the goal. Also values the sport itself, focusing on stable and long-term development.

COMPETITIVE POWER

38%

Fixates all attention on how to win the competition. Is not willing to give in at any stage and demands a re-match until finds oneself on the highest podium. Being the best is not as important as defeating others. Sometimes can even try to win at any cost.

Finds it often difficult to focus and shut external things out of mind and sight. Often thinks too much and, therefore, reacts slowly and is more careful in actions. Does not let the body control the mind.

RHYTHM & FLOW

86%

Finds it easy to reach a flow feeling. Lives in the moment both when practising and competing. Does not pay much attention to anything but own feeling. Actions transpire more than are consciously performed.

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May be competitive and likes to win but is unwilling to sacrifice everything to achieve the best performance. Likes to experiment and try, but may also like to have a "life outside sports". Is not very strict in always completing the most important and crucial training sessions but enjoys just fooling around.

Is not a big believer in boring and repetitive training sessions. Wants to succeed on the first try and, when they feel "I can do this", is ready to move on. Believes in trying many different ways of practising rather than just focusing on one way at a time.

Often finds one's mind drifting from one thought to another and stays alert to the happenings in the environment. Usually starts a practice or competition not fully prepared and may occasionally lose concentration and focus.

Can easily wait for one's turn and is ready to change plans if the first plan is difficult to execute. Trains well with others and does not need to be the first in line. Usually waits before they take an action.

Is often respected by opponents and team members for their ability to give room for others. Exercises polite behaviour with everyone. Does not like to show extra aggression and is able to maintain one's temper even when facing opposition.

They do not value socialising and usually are not happy until the end of the competition, and the end result is what they wanted it to be. Communicates only what is needed

GOAL FOCUS

76%

Always wants to know and always knows why. Every practice has a reason why it is done. Keeps constant focus on the goal and judges every aspect of life, based on how they best serve achieving the goal. Only accepts people in their life who can help them in achieving the goal and no one else.

REPETITIVENESS

48%

Has the patience to repeat and continue with the same practice. Focuses well on each repetition and tries to improve from the previous one or maintain the same performance level. Believes repetition develops the best skills and a steady level of performance.

MOMENTARY CONCENTRATION

48%

Has the ability to focus one's mind entirely on the next practice or competition. Can block everything else out from the mind and does not let anything disturb the concentration. Does not become nervous or anxious but performs in a concentrated and focused manner.

IMPATIENCE

95%

Has no patience to wait, but if they feel that when they want something, they usually take it immediately. Does not wait for one's turn but grabs the attention of the coach or equipment at the gym. Does not tolerate a team or staff that is not able to provide them what they need immediately.

AGGRESSION

57%

Is always willing to challenge and is not afraid of anyone. The stronger the opponent or the more difficult the situation, the more it spurs them on. Is not always seen as a nice person, but as one who has either future or current enemies.

ENJOYMENT

10%

Sports seems like a fun thing for this person. They seem to be enjoying whatever they do and often win over the opponents with their visible positiveness and playfulness. Often

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and can also express oneself in a
direct and challenging manner.

spreads the enjoyment also to other
members in their team.

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Seldom has the grit to continue to reach for challenging goals after setbacks. If something does not work out well, they lose motivation quickly. Is not guided by what one wants to achieve but rather by what can easily be learned or done. When facing setbacks, finds it hard to get up stronger than before. Can accept failures.

Is an emotional athlete who lets the day's feeling determine how strictly the plans are followed. Prefers to do something else if the planned activity does not feel easy to do or if extra effort is required.

Is often an athlete who performs better in routine competitions than those that come with extra pressure. Has the ability to maintain average performance at a steady level and prefers not to have any particular moment to be more important than another.

Often has a different focus on sports when competing and when not. Is more easy-going before practice than competition and occasionally arrives late or comes unprepared. Has a different, lower level of discipline when not competing.

Has a hard time believing that they will make it through the challenges and that challenges could make them stronger. Believes more in pessimism - if you do not have high hopes, you will not get disappointed either. Feels stronger without too much optimism.

They are rarely aware of different internal or external stimuli and are not trying to analyse how they influence themselves and the environment.

BOUNCING BACK

67%

They do not take an easy route when wanting to develop a certain skill and do not accept it as unattainable. Is ready to work long hours, try different approaches, repeat and repeat until they are happy with the end result. If they fail, they come back even stronger.

DISCIPLINE

11%

Shows up as a disciplined professional who plans the practices and sticks to those plans. Does not let tiredness, lack of motivation or difficult circumstances interfere with sticking to the plan and executing it.

PRESSURE CONTROL

48%

Has the ability to perform at a high level even when facing pressure or high expectations. Often actually performs better when the risks increase or rewards are higher. Can stay cool and does not let emotions or fears take over.

PREPARATION

10%

Pays special focus on preparing for both training and competition. Is willing to arrive early and often leaves late to make sure equipment and body are ready for being pushed to the limits. Understands being professional is a 24/7 responsibility.

OPTIMISM

95%

Has a strong belief, also during hard times, that something good will come out of this. Does not give up hope and has the confidence to trust they will find the way to get over challenges on their way.

SENSING INTELLIGENCE

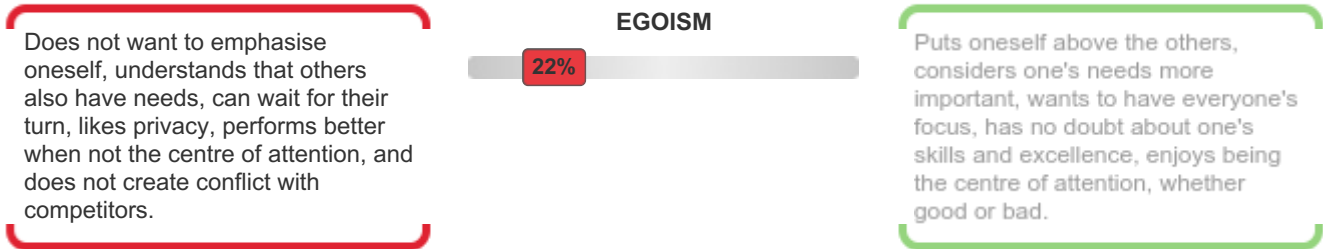
86%

Is sensitive to all stimuli around themselves, internal and external. Is aware of different stimuli and how they affect them. They can use their senses and understanding of the situation to their advantage.

Results by Competence

EGOISM

How much focus an athlete puts on themselves and ignores others



Getting attention MEDIOCRE	Being the best MEDIOCRE	Focus on myself MEDIOCRE
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They do not need attention and praise to feel important. They enjoy working for the team and do it with respect for others. Teamwork is the most natural way of working for them. They do not blame others for their own mistakes but instead accept their weaknesses and focus on developing them.

They may have difficulty under the spotlight because attention disrupts their concentration and performance. They do not mind others being the centre of attention. As a result, some people might walk over them as they do not stand up for themselves. They often take comments or conflicts too personally since they care more about other people than their ego.

Ask your coach to help how to become more comfortable when the attention is solely on you, maybe by asking them to create a situation where you need to adjust. Ask them to teach you when and how to raise your voice and express what your limits are.

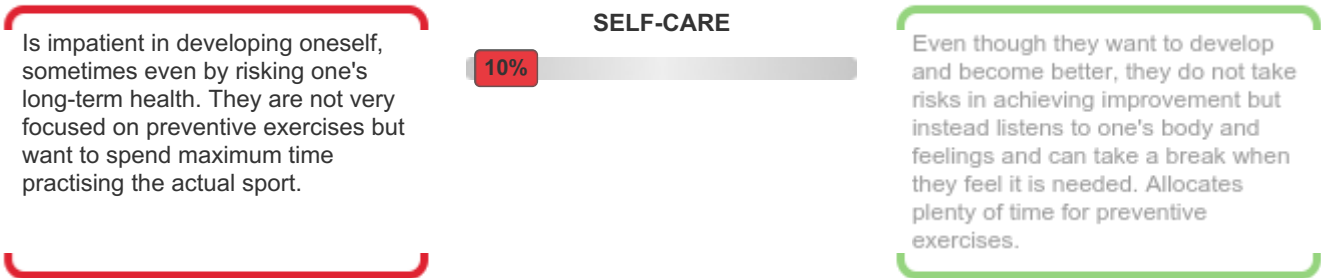
Development Tips for Egoism

- Learn to play and practice in the spotlight as well so that it does not affect your performance.
- Practice defending yourself more. Understand that it is not selfish, and it is necessary to set boundaries and stand up for them.
- Realise that you should not carry everything on your shoulders. Learn to let go.
- Be prepared to defend yourself.
- When you know something better, do not let others make foolish mistakes.
- Express your emotions - even the negative ones.

NOTES

SELF-CARE

How well an athlete identifies one's needs and focuses on prevention exercises to avoid injuries and illnesses and how important they consider them



Respect of limits GOOD	Conscientiousness WEAK	Risk avoidance WEAK
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They endure a lot and are an athlete who can ignore the warning signs of their body when a situation so requires. They are ready to perform at any time because they only need the competition to begin. They do not need time to warm up and get their mind focused as much as most others. They are likely to put all their effort into developing and becoming superior in their sport instead of focusing on preventive or other supporting exercises.

At times, they push their body too much, even in unnecessary situations, because they believe that is the only way to succeed. Sooner or later, they are likely to suffer some injuries if they continue ignoring all the preventive exercises. They do not know how to listen to their body and its signals or just shut down the signals.

Ask your coach to find the motivation for you to do the self-care activities that you need together. Ask your coach to monitor you, punish and reward you, or whatever works so that you will do them. Ask them also to understand that this is not your strongest quality, so you need the support to ensure you stay on track.

Development Tips for Self-Care

- Understand that prevention is a big part of being successful in the long run.
- Learn to listen to your body more. Give it a chance to be better and recover because it will make you better too.
- Try to make preventive exercises more like a game. See them as part of your play.
- Keep in mind how long you want to be fit and what it takes to achieve that.
- Get someone to hold you accountable for performing the preventive exercises and not avoid or simply skip them.
- If you want to be the best, do not skip the prevention exercises.

NOTES

EXTREMISM

How far an athlete is ready to push themselves



More GOOD	Never enough GOOD	Exceeding limits STRONG
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They are ready and motivated to practice a lot, having a good work ethic. They seldom miss practices. They do not give up when the going gets tough but always find another gear to push through further than others. They are often very committed in all areas related to the sport and understand the reason for developing and growing in uncomfortable situations.

They may sometimes make a mistake believing quantity equals quality. They have a higher risk for injuries and overtraining due to their focus on pushing more and more and believing it will bring the best results. They listen to their mind and not their body, which can sometimes create problems as they often do more than what the training program expects.

Ask your coach to explore the limits of your capability together with you and pay extra close attention to recovery. You are capable of pushing yourself, but you need help in having someone to keep it smart. Ask them to show you the reason and purpose behind the practice plans in order to make them important to you so that you do not believe you need to do more.

Development Tips for Extremism

- Understand the difference between high quality and the quantity of training.
- Understand that the more you push, the more you need rest.
- Try to still have fun and enjoy the training. It should not always be only about pushing yourself and the pain.
- Create a training program that you can commit to.
- If you cannot avoid pushing yourself past your limits, give extra emphasis to preventive exercises.
- Try sometimes to practice with others who do not go that far - and see how your body feels afterwards.

NOTES

PERFECTIONISM

How much an athlete focuses on having every detail in place

Is a more impulsive and spontaneous person when training. Enjoys variety and experimentation. Trusts more on how one feels during and after the training than trying to do everything that was planned.

PERFECTIONISM

33%

Has the attention to detail to follow a step-by-step training process. Approaches training systematically, does not attempt to "cut corners." Abides by instructions, does not attempt to "wing it." Believes that paying attention to every detail will provide the best results.

Never skipping
MEDIOCRE

Detail focus
MEDIOCRE

Getting it right
MEDIOCRE

They are quite relaxed but also pedantic in what they do. They do their best but at times also know how to enjoy practices and can also relax if that is required. They strive for excellent results but do not break down if one day they are not perfect. They understand the importance of details but can distinguish the details that need to be under control and can let go of non-significant ones.

Even though they like setting standards, they may not always set high enough standards for themselves. Or they may consider plans as "what I would like to do" instead of "what I will do". They may sometimes experience a fear of failure before trying out something they had not practised, especially when they had planned to do it but skipped it in practice. They may get worried if they fail to do certain routines, especially on a competition day.

Ask your coach to discuss with you the details you need to master to develop and reach your best. Keep track of how you follow them. Come up with a plan together for the possible bumps on the road - what to do if you start feeling anxious, overwhelmed or something similar because of your will to do things perfectly.

Development Tips for Perfectionism

- Challenge yourself to try new things before you are ready. Learn that this will also develop and teach you.
- Understand the importance of mastering some details and not just their meaning.
- Learn to set high standards and believe in yourself. Do not make empty promises to yourself.
- Understand that it is not enough to be perfect with what you like to do most. True development comes from focusing on difficult exercises.
- Do not allow yourself to skip a training session when you are "almost done".
- If you feel you cannot do the last step alone, find someone who makes sure you will do it.

NOTES

COMPETITIVE POWER

How hungry an athlete is to win

Even though they like to win and achieve the highest goal, understands this is not always possible. Can see something good in own performance even when has not reached the goal. Also values the sport itself, focusing on stable and long-term development.

COMPETITIVE POWER

38%

Fixates all attention on how to win the competition. Is not willing to give in at any stage and demands a re-match until finds oneself on the highest podium. Being the best is not as important as defeating others. Sometimes can even try to win at any cost.

Winning
MEDIOCRE

Anything to win
STRONG

Being first
MEDIOCRE

They have the ability to get more out of themselves in competitive situations, but victory is not the only motivator for them. They dislike losing and do their share not to get beaten. However, losing sometimes is not the end of the world for them. They can see occasional losses as learning experiences. They aim for victory but prefer not to cheat to win. Winning at all cost is not the most important thing for them.

Sometimes, they are too driven by the competition and forget to focus on matters that are more controllable than the outcome. They may get insecure if there is a chance of losing, or they underestimate the importance of that competition. Even though it may be difficult for them to admit their faults, they can do so. That is when they realise a loss helps them to grow as a person or as a player. They often admit faults or mistakes a little later after the heat is not on them anymore.

Ask your coach to do goal setting together with you to utilise your will to win in the right way and understand the process. That could help you to stay more motivated as well. Ask them to constantly remind you about the ways to develop a growth mindset when facing failures. Otherwise, you may get stubborn about results instead of focusing on the process.

Development Tips for Competitive Power

- Focus from the beginning on what you can influence and not let the chances for victory slip away by blaming others.
- Learn from your losses - those insights can teach you a lot and make you better.
- To improve your ability to compete and win, also practice competing in some more abnormal situations, like competing to be the best in rehab or making a comeback. This will develop your mind to the process that takes you to victory.
- At the moment of giving up, make a decision whether or not you can make one more push.
- Divide the season into steps, all ending with a competition you want to win.
- Try to analyse what happens just before you realise you may not win this competition.

NOTES

RHYTHM & FLOW

How easily an athlete can achieve and maintain a flow state of mind

Finds it often difficult to focus and shut external things out of mind and sight. Often thinks too much and, therefore, reacts slowly and is more careful in actions. Does not let the body control the mind.

RHYTHM & FLOW

86%

Finds it easy to reach a flow feeling. Lives in the moment both when practising and competing. Does not pay much attention to anything but own feeling. Actions transpire more than are consciously performed.

Easy flow
GOOD

No thinking
STRONG

Rhythm
GOOD

Their success in competitions and practices is greatly based on their ability to find and maintain the flow feeling more often than others. They can let thoughts go and immerse themselves in the moment. Time becomes irrelevant, and they just live in the moment. Even though they have a good level of body and self-awareness, they can let go of self-control to achieve a flow state.

They may not listen or communicate much with coaches or teammates when in the flow state, thus becoming distant from others. Sometimes they may come across as self-centred since they need time to focus on themselves to reach the flow feeling. They may get obsessed about their feelings; how this or that should feel. They know how something should feel for them to be able to get to the flow state.

Ask your coach to analyse your performance afterwards so you can focus on the flow state during a performance. Ask them to discuss the obstacles preventing you from getting into a flow state and try to remove those factors during competition.

Development Tips for Rhythm & Flow

- Keep living in the moment but make sure you also include a lot of repetition in your practices.
- Try to avoid creating too many rules about what is required to achieve a good rhythm and flow.
- Keep developing new ways to get into the flow state in different environments and different situations.
- Try to get your teammates involved in your flow feeling.
- Maybe you do not need to be in the flow feeling all the time. There are many things you cannot learn when you are in a flow state. Also, you should not be dependent on reaching the flow feeling all the time.
- Be careful not to push your body too much when everything feels so easy.

NOTES

GOAL FOCUS

How focused an athlete is on the goal and how able they are to understand if what you do helps to achieve the goal

May be competitive and likes to win but is unwilling to sacrifice everything to achieve the best performance. Likes to experiment and try, but may also like to have a "life outside sports". Is not very strict in always completing the most important and crucial training sessions but enjoys just fooling around.

GOAL FOCUS



Always wants to know and always knows why. Every practice has a reason why it is done. Keeps constant focus on the goal and judges every aspect of life, based on how they best serve achieving the goal. Only accepts people in their life who can help them in achieving the goal and no one else.

Goal awareness STRONG	One goal STRONG	Solely the goal MEDIOCRE
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They do their best to reach the goals, are a very dedicated athlete and do not overlook anything that would prevent them from achieving their goal. After agreeing with the reason why something is beneficial, they are on board and fully committed to the project. They do notice and eliminate distractions in their life. Anything that is not serving the goal is to be eliminated. They do not think that as "sacrificing something", like some other people might call it.

They can get very fixed on achieving the goal and forget to enjoy the journey. They can sometimes be annoying to the coach or other people around them as they ask a lot of questions and require excellence from everyone around them. They may not have a life outside sports because the goal is controlling their life.

Ask your coach to set goals together with you so that you both know what you will be aiming for. Your coach will be more involved and able to help you that way. Ask them to make sure you also include rest and recovery in your program and hold you accountable for them.

Development Tips for Goal Focus

- Try to take a step back sometimes and look at your goals and life from a more distant perspective. Is it bringing you happiness or taking every ounce out of you?
- Remember that greatness is not achieved in isolation. You need other people in your journey.
- Try to have other things in your life too. What if sports is taken away from you?
- When you quit sports, are you sure you will still have the important people in your life?
- Accept that not everyone can be as focused as you are - all the time.
- How are you prepared for a situation where you will not reach your goal regardless of all of your efforts?

NOTES

REPETITIVENESS

How well an athlete can concentrate on repeating practices

Is not a big believer in boring and repetitive training sessions. Wants to succeed on the first try and, when they feel "I can do this", is ready to move on. Believes in trying many different ways of practising rather than just focusing on one way at a time.

REPETITIVENESS

48%

Has the patience to repeat and continue with the same practice. Focuses well on each repetition and tries to improve from the previous one or maintain the same performance level. Believes repetition develops the best skills and a steady level of performance.

Liking repetitions
MEDIOCRE

Power of repetitions
MEDIOCRE

Just doing it
GOOD

They understand the importance of repetitive practices but may not always enjoy or focus on them with full effort. They do not force themselves to do repetitions just for the sake of repetitions. They know when their focus is lost or when the drill is not developing them anymore. Even though they aim for repetitions, they can also handle new practices and are willing to try them.

They are not always fully focused on repetitive practices. They do them but without proper focus, making the practice not very useful. Sometimes, they may struggle between switching focus from "should I do repetitive practices" and "should I try new things" and don't stay with one approach long enough to realise the results. If performing repetitive practices does not feel enjoyable anymore, they may not find the motivation to continue.

Ask your coach to monitor your repetitions to make sure you perform them well enough. Also, do this with tasks that you are not best with or are not the most comfortable to you. Ask the coach not to allow you to move on to the next exercise before you have properly completed the previous one. Ask them to constantly improve your focus and mindfulness when you do repetitions so that you truly focus and develop while doing them.

Development Tips for Repetitiveness

- Practice your skill to refocus on repetitive practices. Bring your focus back when you notice it is wandering around.
- Learn to understand what is better for you and when: the new whims or repetition drills. Have you mastered the previous skill already so you can start adding new drills?
- Identify the skills that truly need repetition. Put all of your efforts on completing the repetitive practices that develop those skills.
- Maybe you could start with the practices that require the most repetition, leaving the fun part of the practice to the end.
- Can you make repetitions challenging and more interesting? Maybe by competing against yourself?
- When you know you cannot continue with full effort, stop and come back later.

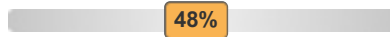
NOTES

MOMENTARY CONCENTRATION

How well an athlete can concentrate on the current step

Often finds one's mind drifting from one thought to another and stays alert to the happenings in the environment. Usually starts a practice or competition not fully prepared and may occasionally lose concentration and focus.

MOMENTARY CONCENTRATION



Has the ability to focus one's mind entirely on the next practice or competition. Can block everything else out from the mind and does not let anything disturb the concentration. Does not become nervous or anxious but performs in a concentrated and focused manner.

Blocking out
STRONG

Peace of mind
MEDIOCRE

Focus on the moment
MEDIOCRE

At times, they can concentrate well, but mostly on things they feel comfortable with or have a lot of experience with them. They are often aware of what is happening around them. When something important happens, they are ready to respond if needed. Most of the time, they are able to compete by focusing on the moment. However, their focus may not last very long as they start thinking about the upcoming situations.

They sometimes find it difficult to know what to concentrate on. When they fail to concentrate properly, it may make them nervous, making it more difficult to reach a proper level of concentration. They may lose at the last stages because it becomes more difficult to concentrate when thoughts of the upcoming victory start disturbing their concentration.

Ask your coach to provide you clarity on what to focus on, when and how. Start with simple steps and ask them to help you with them. Ask them to bring your focus back when they think you are about to drift away. Maybe you can also agree on a signal that they can use to bring your focus back to the present moment and start practising it in daily situations.

Development Tips for Momentary Concentration

- Learn to develop the skill of concentration by defining the next steps you are willing and wishing to take.
- Do only exactly what you are thinking about at that moment. Do not try to control too many tasks at the same time.
- Learn to prepare yourself also for the unpleasant situations that still need your concentration.
- Finish what you are doing before you even start planning the next task.
- Take a break between each drill to get your energy back for proper concentration.
- Make sure you are not tired when you are required to concentrate on something important.

NOTES

IMPATIENCE

How urgently an athlete takes what they want

Can easily wait for one's turn and is ready to change plans if the first plan is difficult to execute. Trains well with others and does not need to be the first in line. Usually waits before they take an action.

IMPATIENCE

95%

Has no patience to wait, but if they feel that when they want something, they usually take it immediately. Does not wait for one's turn but grabs the attention of the coach or equipment at the gym. Does not tolerate a team or staff that is not able to provide them what they need immediately.

No waiting
GOOD

Being first
GOOD

Now
STRONG

They can take action and make things happen quickly - they work efficiently and reach their goal at minimum time. They demand efficiency also from the people around them. They switch quickly and easily between tasks, drills, etc. They like changes they can control.

They often get frustrated, which lowers their competition and practice performance because it takes their focus away. They may have a hard time reaching for long term goals and commitments. They don't really live in the moment but are impatiently wanting to have everything right now. Delays before or during the competition and practices make them frustrated and lead to tense performance.

Ask your coach to provide you with tools to deal with situations you find difficult to be patient with. Ask them also to point out when you are about to become impatient (if not possible at that moment, then afterwards) and when patience would have produced better results. The idea is for you to learn to use those tools in situations when you should be more patient.

Development Tips for Impatience

- Explore where your impatience arises from and why. Understand that frustration is not always the key to success because it makes you tense, and you might lose your focus.
- Make long term goals more tempting by breaking them down into smaller parts that you can focus on daily.
- Learn to stay patient in competition situations. Develop a routine that calms your mind when delays and other surprises happen to make sure they will not affect your performance.
- It is good to prioritise your needs but still keep in mind that you may need other people in the future.
- When you need something, and it is not available for you, also try to think if there is another way of doing this - you may get surprised with what you come up with.
- Do not let your impatience affect your performance.

NOTES

AGGRESSION

How well an athlete uses aggression to their benefit

Is often respected by opponents and team members for their ability to give room for others. Exercises polite behaviour with everyone. Does not like to show extra aggression and is able to maintain one's temper even when facing opposition.

AGGRESSION



Is always willing to challenge and is not afraid of anyone. The stronger the opponent or the more difficult the situation, the more it spurs them on. Is not always seen as a nice person, but as one who has either future or current enemies.

Ready to challenge
GOOD

Confronting
MEDIOCRE

Defending oneself
GOOD

They have some temper and are aware of it. This makes it easier for them to train it and keep it under control. They do not become afraid when facing challenges, although they would prefer things to cool down without extra aggression in most situations. They are assertive and can stand up for themselves most of the time, yet being open to compromises.

Occasionally, they may get irritated and snap at others, but they realise the effect of their behaviour and understand the need to apologise too. They can get frustrated, which sometimes leads to surprising negative aggression. At times, they may take foolish risks just because they like the challenge and like to be driven by challenging situations.

Ask your coach to show you the situations when you could act smarter instead of solely being led by your aggressive emotions. Ask them also to point out when you could have chosen a stronger approach instead of a less assertive approach. Ask them to be straightforward with their communication with you. Agree on signs to identify when your temper is rising, and you need to stop and think if it is still beneficial to continue.

Development Tips for Aggression

- Playing smart is sometimes more efficient than letting emotions control the game and decision-making.
- Learn to control your temper and recognise the situations when you most often get frustrated.
- Use assertiveness to your advantage. You can be both direct and polite.
- You often do this, but always try to analyse before reacting.
- Make sure you know with whom it is worth to be aggressive and with whom it will not work for your benefit.
- Make sure you always treat fairly people who are important to you.

NOTES

ENJOYMENT

How much an athlete is able to have fun in a competitive environment (and influence the moods of people around them)

They do not value socialising and usually are not happy until the end of the competition, and the end result is what they wanted it to be. Communicates only what is needed and can also express oneself in a direct and challenging manner.

10%

ENJOYMENT

Sports seems like a fun thing for this person. They seem to be enjoying whatever they do and often win over the opponents with their visible positiveness and playfulness. Often spreads the enjoyment also to other members in their team.

Influencing others
MEDIOCRE

Power of play
WEAK

Having fun
MEDIOCRE

They are good at being efficient and not so good at "wasting" their time socialising with others. They do not complain if something is not that fun or enjoyable as they know how to do the hard work. They are prepared for it. They do whatever the coach tells them to do and execute it. They also get along with different types of coaches - as long as the coach focuses on improving performance.

Not focusing on enjoying the sport may reduce their motivation to succeed or continue long in their sport. They are quite often unsatisfied and unhappy - like nothing is enough. It is also difficult to help them since they do not express their feelings easily or voluntarily. They feel it is unpleasant to engage in playful practices since they consider fun to be an irrelevant factor that reduces the level of performance.

Ask your coach to ask you about the aspects of your sport that you enjoy and consider if you can include more of those elements in your daily life. Ask them also to challenge you to do something fun sometimes just for the sake of it and not to take sports as seriously as you often tend to do.

Development Tips for Enjoyment

- Try to have more fun. Sports should not be so serious that it drains the joy out of you.
- Try to forget the end results or winning more often and focus on enjoying the task or the current moment.
- Work on your social skills so others, such as coaches, know what you like or do not like so they can help you more.
- It is ok to show the weak and uncontrolled side of you. Everyone knows you have it too.
- When you want to be alone, make sure you are alone.
- When you are not alone, acknowledge the other people.

NOTES

BOUNCING BACK

How long an athlete continues fighting against failures and setbacks

Seldom has the grit to continue to reach for challenging goals after setbacks. If something does not work out well, they lose motivation quickly. Is not guided by what one wants to achieve but rather by what can easily be learned or done. When facing setbacks, finds it hard to get up stronger than before. Can accept failures.

BOUNCING BACK



They do not take an easy route when wanting to develop a certain skill and do not accept it as unattainable. Is ready to work long hours, try different approaches, repeat and repeat until they are happy with the end result. If they fail, they come back even stronger.

Motivation from failure GOOD	Not giving up STRONG	As many times as it takes MEDIOCRE
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They are willing to put much time and effort into achieving goals, but setbacks, such as injuries, might slow them down for a while before they find the motivation to fight again. They understand when being persistent or resilient is causing more harm than good and when it is time to give up for the day - even if today's practice did not go as hoped or planned. They do not fall after the first disappointment but are willing to try again. However, if the road to success seems too rocky, they may give up.

Sometimes they may give up at the crucial moment because they have not seen good results in a while. They may not be able to correctly anticipate when results will come. They struggle with long-term goals and commitments. Fighting for mid-term and short-term goals is much easier for them. The bigger the setback, the more difficult it is for them to come back.

Ask your coach to help you to develop a network around you to guarantee the support you need to stay accountable and get up faster after disappointments. Ask them also to help you to recognise when you have done enough and when it is time to move on or rest. Ask your coach to have a plan B (or develop one together) for the possible setbacks so that your comeback happens faster and has the support it needs.

Development Tips for Bouncing Back

- You have some persistence in you - sometimes it is just hiding. Try to reveal it by finding out what are you passionate about.
- Make sure you understand that the long-term goals are achieved by being persistent also in the little things and every day.
- Focus on getting your mindset right as fast as possible after potential injuries. The faster you get up, the faster you recover.
- Decide if you want to give up. If not, do not give up.
- Realise that if you start doubting your chances, you have already lost.
- When coming back and trying again, have a clear goal of making sure the next effort exceeds the last one.

NOTES

DISCIPLINE

How disciplined an athlete stays in following plans and not letting anything disturb completing what needs to be completed

Is an emotional athlete who lets the day's feeling determine how strictly the plans are followed. Prefers to do something else if the planned activity does not feel easy to do or if extra effort is required.



Shows up as a disciplined professional who plans the practices and sticks to those plans. Does not let tiredness, lack of motivation or difficult circumstances interfere with sticking to the plan and executing it.

No exceptions MEDIOCRE	Sticking to the plans MEDIOCRE	Doing what is needed WEAK
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They are very easygoing and do not stress much about missing one practice or lunch, for example. They can adjust easily and adapt to different circumstances quickly. Their happiness and motivation do not depend on performing certain routines every single day the exact same way.

"They may say "yes" too easily to many requests and burn themselves out because of that. They may not achieve superior results because they do not stay disciplined and get easily sidetracked. They may sometimes come across as lazy if they lose interest. They do not do things because of having to remain disciplined. Being disciplined is not an important value for them. "

Ask your coach to set clear goals with you to know when you need to be disciplined. Ask them to demand discipline from you so that you learn to do your best in those situations. Ask them also to find the motivators that make the situations requiring discipline more fun or pleasant.

Development Tips for Discipline

- Try to find the motivation to stay disciplined in those areas that you want to be excellent at.
- Examine why it is hard for you to stay disciplined. Be true to yourself and get a deeper understanding of your routines (like eating habits). This all is in your head.
- Being adaptable and flexible is your strength but remember your limits too. You do not have to be the one who always adapts or adjusts.
- At the end of each day, make a list of things you did not do.
- For each practice, decide what you will do with full concentration until the end.
- You make your choices - nobody else. Every choice you make takes you forwards or backwards.

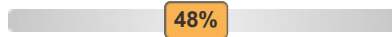
NOTES

PRESSURE CONTROL

How much an athlete can take pressure without pressure affecting their performance

Is often an athlete who performs better in routine competitions than those that come with extra pressure. Has the ability to maintain average performance at a steady level and prefers not to have any particular moment to be more important than another.

PRESSURE CONTROL



Has the ability to perform at a high level even when facing pressure or high expectations. Often actually performs better when the risks increase or rewards are higher. Can stay cool and does not let emotions or fears take over.

Keeping the cool MEDIOCRE	Pressure performance GOOD	External pressure MEDIOCRE
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They can perform under pressure but do not like it per se and do not wish to be under constant pressure. They are often a stable performer and do not need high stakes to be good or to give their best. This helps especially in practices because they can maintain their energy level at a stable level. They can handle excitement well and are good under some, but maybe not extreme, pressure.

Extreme pressure situations are hard for them as they feel nervous when the expectations are high. They can handle some occasional pressure but may not be able to carry or help others under those pressure circumstances. They may sometimes fail under extreme pressure situations. This results in them doubting themselves, which again will affect their performance until they gain their self-esteem back.

Ask your coach to put you into pressure situations after teaching you how to deal with them and gradually get you more used to them. Discuss them afterwards and come up with a routine that you can follow whenever you feel pressure. Ask them also to be consistent in their own behaviour so that you can trust them when you are under pressure.

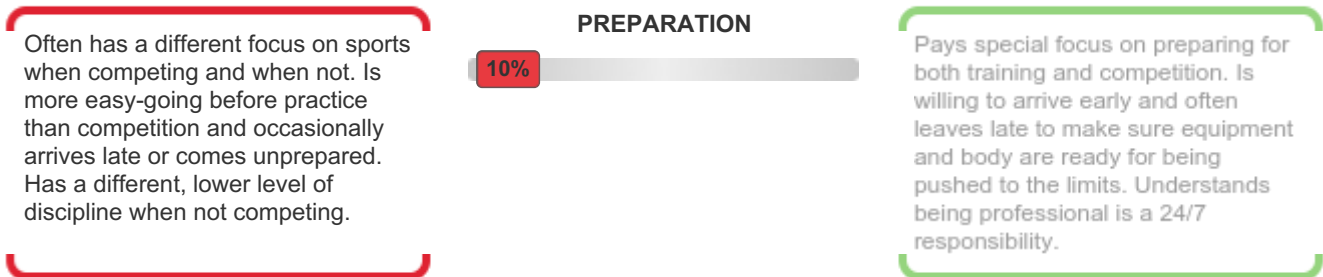
Development Tips for Pressure Control

- Understand that nothing changes when the pressure is high. Your skills are still there, and you have the confidence from earlier pressure situations. Use those as evidence and pillars to boost your self-confidence when the stakes are getting higher.
- Use training sessions as a place to practice for pressure situations. This helps you get used to them and realise that you have done this many times before, and you can just rely on your muscle memory to guide you through the pressure situation.
- Practice some mindfulness techniques to calm you down when you feel pressure and get some tools to get through those situations.
- If you know you will be facing pressure, prepare for the situation as well as possible.
- Have you ever thought that you may be able to overcome pressure by having fun and enjoying what you do?
- If some other people experience pressure for your performance, it does not mean you have to experience it also.

NOTES

PREPARATION

How important an athlete considers putting focus on taking care of all possible preparation activities.



Perfection in preparation MEDIOCRE	Preparing to win WEAK	Routines WEAK
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They do not stress if they are not prepared. They can still perform. They are easy going as to what comes to being prepared. This does not mean they do not care about the sport or consider it important. Preparation is just not so important for them. They can create a more relaxed culture around them and remind people that sports should not be that serious all the time.

Being late or unprepared does not improve their performance. They sometimes give too big of a head start to their better-prepared competitors. Sometimes being more relaxed has the same results as being lazy. They may feel anxious in the game situations if they realise that they should have prepared for it better and now it is too late.

Ask your coach to have a meeting with you to discuss why being prepared is hard for you and what could make you better at it. Have them tell you what they absolutely need you to be prepared with and what that means and entails. You can also ask them to be there for you or support you. Next, ask your coach to hold you accountable.

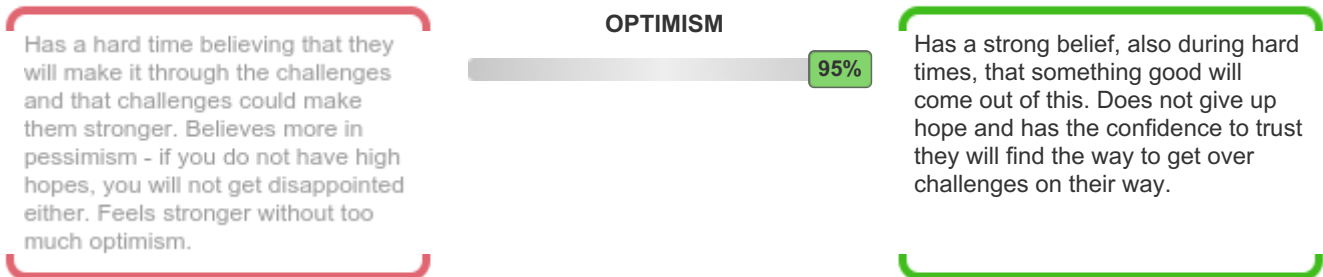
Development Tips for Preparation

- Try to be on time. It is not about you. It is about respecting others too.
- Being prepared is hard for you but try to remember to be prepared and demonstrate professionalism when it is clearly needed.
- Be open and discuss with your support people explaining that being super-prepared does not come naturally to you. Try your best and show that you are taking it seriously.
- Why do you have to suffer from being, or considered as being, lazy?
- Try to do as much as possible of the preparation together with other athletes.
- After the competition is over, set aside time for the post-competition routines that you have to take care of.

NOTES

OPTIMISM

How strongly an athlete believes that all good things will happen at the end



Recovering STRONG	Positive thinking GOOD	Power of trust GOOD
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They have a very optimistic way of life and believe in themselves to have the tools to solve any problem. They understand that sport is just one part of life. Even when in deep trouble, they find the power to prevail and never lose hope. They often succeed simply because they did not give up. They have the ability to recover quickly from adversity, come back from injuries and even find something good in them or use them as lessons to learn.

Because they believe in themselves and are always optimistic, they do not often ask for help from others, even though that would sometimes be helpful. Because of their optimistic outlook, they believe they are the strongest in the end. They also give a lot of support to others too. All this makes them prone to burnout without noticing it early enough. Sometimes the most optimistic people might fail into the trap of being a bit too naive, resulting in them realising how things really are, too late.

Ask your coach to give you a heads up if your head seems to be in the clouds and you need to have a reality check. Ask them also to develop a comfortable way for you to tell when things are not ok. You do not need to always rely on your optimism because you can get help and solve the challenges quicker together with your coach.

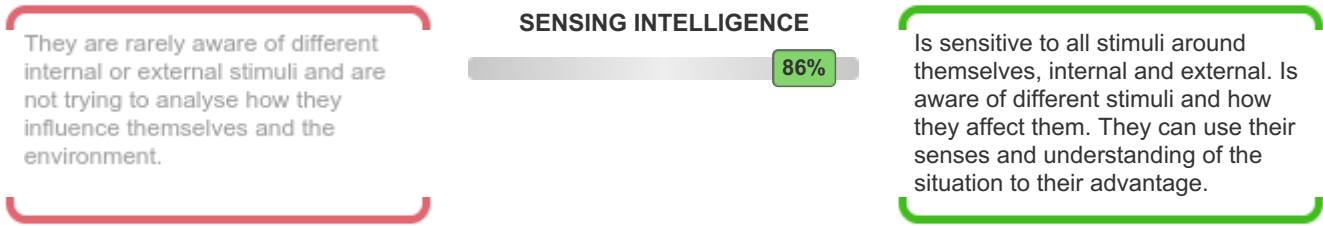
Development Tips for Optimism

- Acknowledge the challenges that may be in front of you. It helps to prepare for the challenge. It is not pessimism, it is also realism to be prepared for negative outcomes or challenges.
- Do not be too shy or stubborn to ask or accept help despite being an optimistic person.
- Listen to your body and its signals, do not overburden yourself and learn to say no.
- Even though you think you will not need it, have a plan B ready.
- Use your optimism to influence others. It may turn into your benefit also one day.
- Even though you believe you can move mountains, proper preparation will make it easier.

NOTES

SENSING INTELLIGENCE

How sensitive and aware an athlete is for the outer and inner stimuli. How willing and capable is to understand the stimuli.



Awareness of emotions GOOD	Adjusting behaviour GOOD	Managing emotions STRONG
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They are good at also sensing other peoples' emotions and using it in competition or practices. They sense how other people feel. They have good self-awareness and know how emotions and different situations affect them. They are intelligent in what causes different emotions and how it impacts them. They have an understanding of why they feel the way they feel. Like when they are sad one day, they can trace back the experience that caused the sadness and can, therefore, recover quicker.

They may struggle in situations when there are too many considerations to be paid attention to and too many emotions involved. This can easily make them anxious. Because they need time and space to process feelings and what happened, others may consider them rude or distant. They may sometimes fall into overthinking and overanalysing.

Ask your coach to communicate with you when you seem to worry about your internal or external world too much. That takes your focus away from the sport. Ask them also to create a trustworthy relationship with you so that you can be honest and they can talk with you about things that disturb you to help you to get over them easier and faster.

Development Tips for Sensing Intelligence

- Learn to ease up on the analysing and learn to focus on enjoying the situation without the need to analyse everything.
- Create a safe environment for yourself. Have a place where you can relax and be without any stress factors.
- Learn some tactics to let go of negative comments, do not take them too personally.
- Practice some mindfulness to release stress and clutter when your mind gets too crowded.
- Recognise situations when others' feelings are important to pay attention to and when they are not.
- Make sure thinking does not stop the movement.

NOTES

HOW HIGH IS YOUR HIGH - Extremism

This section will focus on one of your strong competences. First, the section goes deeper into the meaning of this competence. Next, it describes what the competence can be at its best, what challenges it may create and how to overcome those challenges.

95% Extremism



We define extremism as an extreme state of mind that drives people to reach their limits and beyond to become better in their area of specialty. Extremism can be your greatest strength if you learn to manage it and use it in the right ways. Below you can find more information about how to achieve greatness through extremism.

Extremism refers to the quality that an athlete has when they are willing to push their limits in various ways. What ways are most familiar to you in your own life?

Pushing boundaries is what athletes with extreme mindsets like to and aim to do constantly. They seem to be insatiable in developing themselves to the limits of their capabilities. Human beings can push themselves to extremes physically and mentally. Sometimes this competence is also related to the need for achievement. Extremism can manifest in either intrinsic (achieving personal best) or extrinsic (a lust for fame and glory, achieving something extraordinary) ways.

You are naturally talented when it comes to pushing boundaries and testing your limits. That is an ability that elite athletes often have because they are masters in finding out how far they can go. Pushing the boundaries of your capability is a top athlete's trait that gives you a mental edge. You are one of those people who keeps going when the going gets tough, and other people might give up. You have the mental dimension to go beyond the fatigue of your body. This will take you where you want to go.

When you learn ways to become more aware of your mental capabilities and connect them with the practiced physical mastery, the results will be astonishing. Think of Mo Farah. He was known to push his body and endurance to the extremes in long-distance running, and he stated this is one of the main reasons he won many championships.

When you set goals for your days and weeks, you are the one who accomplishes them day by day. You are motivated to exceed the goals and test how good you can be today. This kind of motivation with grit leads to high self-confidence as you are constantly proving to yourself that you can do it. Every day and every task will take you closer to where you want to be. This mental ability separates the athletes on the finish line when it comes down to giving the ultimate, best performance. You know you have what it takes, and you are going for it.

Extremism can also sometimes be a double-edged sword. It may make you push your limits too hard, and at some point, your body or mind cannot take it anymore. It can also lead to a lot of pressure if you push yourself harder every time you practice. You might also forget to take care of yourself.

Be smart about your limitations and goals. If you find a goal that is impossible to achieve without injuring yourself, do not continue. It is necessary to have dreams but remember to be smart with them. Learn to listen to your body and its signals. Develop self-awareness, so you also learn when it is time to relax and recover. This will help you significantly, in the long run, to achieve your ambitious goals and go beyond what you thought was possible.

When you are at your fullest potential with this competence, there are no limits. You are constantly improving your personal best and immersing yourself in the activity at hand. You have trained vigorously for this moment. You can go beyond your physical ability and achieve greatness. You enjoy the grind and pain because you know you are made for this moment where you can test your strengths as an athlete. You are fully focused and

giving it whatever it takes.

“Never set limits, go after your dreams, don't be afraid to push the boundaries. And laugh a lot - it's good for you!” - Paula Radcliffe

The rest of this section will identify ten situations relating to this competence. They can be checkpoints to find out if you are using the competence fully and to your best advantage, giving you an idea of how to improve the use of the competence to reach the top in your sport.

HOW HIGH IS YOUR HIGH - My checkpoints

1. How far can you push yourself?

Are you aware of your limits?

Do you always want to do more, or do you know exactly how much you want to push yourself? How do you identify when your body is reaching its limits? Do you listen to your body and mind when they send warning signs? Are your limits extending, or do you reach them sooner than you are accustomed to? Are your extremes higher than others?

2. Is pushing yourself worth all the effort?

How do you measure the effect of your extra efforts?

After being able to do more than ever before, what are your main feelings? Do you reach your limits because that is who you are or because you know exactly what you want to achieve? Do you think sometimes you could develop more if you just let yourself relax or at least take it easier? Are you disappointed in yourself if you do less than what you did the previous time?

3. Preparation

How quickly are you ready to take yourself to your limits?

Do you have different preparation routines for practices when you are planning to go beyond your limits? At what stage do you determine when you will stop? Do you follow your training program strictly? Do you ever get feedback from your coach that you train too much? Are your body and mind always ready to be pushed to the limits?

4. Commitment or senseless

What is the true reason for you to reach your limits so often?

Do you consider yourself a committed athlete who always follows a well-planned program, no matter how difficult it is? Have you ever found yourself doing something extra that you should not have done? Do you push to the extremes because that is what you want to do, or do you think you have set yourself unrealistic expectations that you should abandon?

5. Step-by-step

Do you start with maximum weights, or do you have the patience to warm up first?

Have you noticed yourself being impatient with wanting to run faster than ever or lifting a personal record as quickly as possible? Do you consider yourself being careful when practising? In competition, have you ever spent all your energy on the first set? Some people accelerate gradually and then maintain speed – are you like that?

6. Learning from pushing oneself

What are your experiences from reaching for your limits?

Have you ever analysed the effect extreme exertion has on your body? Have you ever succeeded by only doing what has to be done – nothing more? Do you always allow yourself to reach for “the extra mile”? How does it feel when you did not give up? How does it feel when you stopped too early? Have you noticed any changes in how committed you are to do everything and then a little more?

7. Going beyond your limits

What is beyond your limits?

Can you see anything healthy in going beyond your limits? Is there a true limit that even you should be happy with? Have you ever had injuries – how did they happen? Do you need more recovery time after pushing yourself too much? Is there anything you do in your training that you really should not do anymore, i.e. faster or lifting heavier weights? How many hours in a day can you truly train without it causing more harm than good?

8. Motivation to push oneself

What motivates you in sports?

Are you in sports to find out what your limits are? Do you accept that you may get injured when finding out how much you are capable of? What in sports brings you the greatest joy? When do you laugh? Are you happy during the toughest practices or the longest hours, or are you happier when you have finished? What do you think you would miss most if you were to leave sports now? Are you more interested in reaching your personal best or beating others and being in the spotlight?

9. Dreams

What are you dreaming about?

Do you believe doing the extra hours will take you closer to your dreams? Have you written down what your true goals are and how you can best reach them? Are you impatient to achieve your dreams? Are you willing to give up on your dreams if you realise it would be too risky to achieve them? Are you living your dream now? Is there anything you are currently unhappy with?

10. Being the best you

How well are you using your High Extremism to become the best yourself?

Are you in control of your tendency to push yourself to the limits? Do you always know why you do what you do? Do you maintain a healthy balance between pushing your body and mind and giving them time to relax and rest? Are you making sure you do not do anything that could jeopardise your career?

HOW HIGH IS YOUR HIGH - Rhythm & Flow

This section will focus on one of your strong competences. First, the section goes deeper into the meaning of this competence. Next, it describes what the competence can be at its best, what challenges it may create and how to overcome those challenges.

86% Rhythm & Flow



Flow is the mental state when athletes feel at one with the task being performed and are totally absorbed in the task. It is a state of mind that aids the athletes to achieve optimal performance. Having good rhythm and flow can be your way to the top level if you find ways to access it often enough and purposefully. Below you can find more information about how you can achieve greatness through rhythm and flow.

Researchers have studied Flow, and the results suggest that there are a few different dimensions to it. How many of those can you recognise from your experiences of flow?

Firstly, flow can be divided into micro and macro levels. “Micro-flow experiences” refers to everyday life experiences, and “macro-flow experiences” refers to higher complexity and demand levels. One requirement to flow is the balance between challenge and skills. When they match, the flow is more likely to occur. The other requirements are connection with the task (feeling of being at one with the task at hand – a sense of harmony), clear goals (knowing exactly what you are doing and why), concentration on the task, time transformation (the perception that time “fades” or the previously fast-paced situation feel like its slowing down), and an autotelic experience (a feeling of being fully focused on the task and everything happening almost by itself).

Flow is where the magic happens. The fact that you score high on this competence is fantastic. You have the ability to achieve that magical performance level that the best of the best use. We help you to understand more about the rhythm and flow, how it is achieved and how you can get there more often. Peak performance is what is needed at the elite level. Imagine how much it can benefit you if you can increase your ability to achieve flow in competitions.

When you get a better understanding of what increases your likelihood to achieve the flow, the flow state becomes more accessible to you – and the results will be astonishing. Think of Lionel Messi.

When you are in the flow, you have an opportunity to move beyond your average performance. This opportunity will also depend on your ability to manage stress and emotions often present in big competitions. The outcomes you can achieve through the higher level of flow experience work as a platform to help propel you to the top. Flow state gives you that extra power needed at the top level where everyone is talented, and it comes down to who can increase their performance at the moment of the competition.

Sometimes trying too hard to get into the flow state is the obstacle to achieve it. You do not control it, but flow happens by accident. After having had a flow experience, be aware of what you did before it, and what dimensions mentioned above were involved? Try to achieve rhythm and flow also in practices to become more aware of the triggers that enable a flow state for you.

Practice mindfulness, focusing on this moment and clearing the mind. Learn techniques to relax and let go of self-consciousness. Focus on the present. Seek ways to enhance the dimensions and learn what works for you. Flow is always experienced in the present moment, and experiencing it more often is the goal. The good news is that it is trainable, like muscles.

When you are at your fullest potential with this competence, everything unnecessary around you fades away. There is only you and the performance. You know exactly what you need to do and when. You are both relaxed and extremely focused. There is a sense of enjoyment, and your instincts guide you. It feels like you are one step ahead. There is no need to analyse or think. Your mind, body and the task all feel like one and work in

harmony.

"It's the zone where everything flows so effortlessly and you are executing automatically everything you are intending to execute. You don't need to think too much." - Novak Djokovic

The rest of this section will identify ten situations relating to this competence. They can be checkpoints to find out if you are using the competence fully and to your best advantage, giving you an idea of how to improve the use of the competence to reach the top in your sport.

HOW HIGH IS YOUR HIGH - My checkpoints

1. Fake or true flow

How do you know you have reached a full and true flow state?

Do you reach a flow by telling yourself that you need to "switch to flow feeling now?" When in the flow, do you realise that you are in it? Do you try to boost the flow feeling when you are in the flow? When you are in the flow, do you still observe the environment? Are you able to abandon the flow when you want? If you answered "yes" to any of the above questions, you may not have experienced a true feeling of flow.

2. Controlling the flow

Do you reach the flow accidentally or are you able to create it when you need it?

Do you usually reach the flow when you need it? Can you see a true change in your behaviour and performance when in the flow state? Is it difficult to reach the flow? Can you predict when you will reach the flow state? Is the flow working to your advantage? Do you benefit from being in a flow state?

3. Flow triggers

Are you aware of what is needed to reach the flow state?

Do you always reach the flow in a certain situation? Do you have techniques to reach the flow? What needs to happen for you to get there? Can you reach the flow feeling in any place and at any time? Is it a gradual process, or does it happen suddenly?

4. Thinking

Are you able to stop thinking when you are the flow state?

What goes on in your mind when you are fully in the flow state? Do you recognise you are in the flow? Do you think about yourself being in the flow? Are you able to completely stop thinking and enjoy the journey? How much do you remember of what happened during the flow? How conscious are you about what you are exactly doing?

5. Maintaining the rhythm

How do you maintain the good rhythm you have achieved?

When everything feels easy and happens almost by itself, how do you make sure the feeling continues as long as possible or needed? What techniques do you use to keep yourself in the performance rhythm? Do you talk to yourself? What are you thinking about when everything feels easy? Can you maintain the rhythm during breaks and timeouts?

6. It is like dancing

When you are in a rhythm and flow state, is it like dancing to you?

Are you able to just let things happen? Are you able to let your “dance partner” lead you? Do you have your mind fully focused on the step you are currently taking? Can you feel the enjoyment of taking that step? Have you forgotten all the worries about the next steps? Are you aware of the time, or does it feel like an endless moment? Can you feel yourself smiling, or do you produce an extra amount of adrenaline?

7. Self-control

Are you able to put all of your focus into controlling yourself?

When in a good rhythm, is all of your focus on yourself? Are you able to not think about or observe others? Do you feel that you control all of your body? Are you able to exclude all feelings of weaknesses? Do you know exactly what you can do? Are you able to let go of hesitation? Can you keep your mind clear and focused on the current performance? Does the rhythm help you stay in control?

8. Time

Do you pay attention to time or does it become irrelevant?

When in a competition or practice, are you always aware of the time? Are you aware of what still needs to be done and how much time it will take? In what situations does time go by fast, and in what situations does it go by very slow? Can you see a difference in your performance between those two situations? How could you not pay attention to the time? Does keeping your focus on time affect your performance?

9. Blocking everything out

How do you clear your mind?

Are you able to completely clear your mind and focus on your current performance? How does it feel when you are not thinking? Are you ever practising or competing without hearing what other people say or observing what they do, or letting anyone get your attention? For how long can you keep your mind void of new thoughts?

10. Being the best you

How well are you using your high Rhythm & Flow ability to become the best yourself?

Are you a thinker or a performer? Are you able to exclude everything from your mind and enjoy performing? Is the flow feeling working for your advantage, or is it taking your attention and focus away? Are you a conscious doer or a fully focused performer who has blocked everything else out and enjoys the journey?

HOW HIGH IS YOUR HIGH - Goal Focus

This section will focus on one of your strong competences. First, the section goes deeper into the meaning of this competence. Next, it describes what the competence can be at its best, what challenges it may create and how to overcome those challenges.

76% Goal Focus



Being goal focused refers to the need and desire to achieve goals and how much that goal orientation is controlling one's actions. Focus can be your greatest strength if you learn to manage it and use it in the right ways. Below you can find more information about how to achieve greatness through focus.

There are a few angles that are good to consider and understand that go into goal focus and goal setting when wanting to get the most out of this competency. Which ones are familiar to you in your own life?

Goal Focus can be divided between current-task-motivation and end-goal-motivation. If you know which one brings you more satisfaction, performing the current task as well as possible or simply focusing on and achieving the end goal, you know how to set your intermediate targets to achieve the end-goal. Sometimes ego orientation is also considered as one perspective of goal focus. It refers to the effort to win in social comparison and outperforming others. It is also possible to have features of all perspectives. Current-task-orientation has been reported to be the most compatible with achieving a feeling of control and flow which requires high-level concentration.

Highly motivated athletes train because they want to and not because they have to. This makes a difference. When you want to train and want to become better, your focus is where it needs to be. That is a powerful weapon at the elite level where margins are small. People who are determined at what they do will often last longer because their goals fire them up. Thus, goal focus has proven to be very important for elite athletes and predicting their success. When you are clear where you are heading, why, and how you will get there, you can't wait to get out of bed in the morning and chase after those dreams.

When a fully focused athlete harnesses passion and grit, the results will be astonishing. Think of Michael Jordan. Jordan was known for his passion and love toward basketball, but he also had goals for every day that he wanted to accomplish, and he focused deeply on them.

The better you know your Goal Focus style, the better you can perform under pressure because you know where your strengths in focus are. When you are focused on achieving your goals, you do not have time to feel the pressure. When in competition, you know what you need to focus on. You do not even feel the pressure as you are so focused on performing those steps that are the most important right now. Determination to become better and hard work will bring results. The more you focus on objective and unemotional evaluation instead of ego-related thinking, the better you are performing without the loss of motivation or confidence in the journey to reach the goals. When you learn to use your natural skill to focus, you will set inspiring goals that are broken down for each day into achievable tasks. In addition to your ability to evaluate your performance with a growth mindset, you have all the keys to achieve your dreams!

Sometimes the goals might take over too much, and one forgets to have a life outside of sports, or their whole life feels like an achievement platform. That kind of life is consuming in the long-term and will diminish enjoyment and motivation, which are relevant matters in the pursuit of greatness.

Make sure you reserve time for recovery and relaxation as well. You do not need to achieve everything right now or even this week. Have goals in sports but remember to live and enjoy other things as well. If you sacrifice everything for achieving the goal, can you enjoy the achievement if the journey makes you a ragged wreck? When you are getting too deep into the goals and sports, practice self-awareness and note the signals when your body or mind are getting what they can process. You want to stay healthy to keep focusing on the goals. Have a support network that wants what is best for you.

When you are at your fullest potential in this competence, you are immersed in the moment, and you feel empowered. You know what you do. You have followed the goals along the way, making you ready and confident for this moment. You know you have the skills and ability to focus on these steps now. This moment is your primary focus. You are fired up to use it. You are here to make it happen.

"I have short goals - to get better every day, to help my teammates every day - but my only ultimate goal is to win an NBA championship. It's all that matters. I dream about it. I dream about it all the time, how it would look, how it would feel. It would be so amazing." - LeBron James

The rest of this section will identify ten situations relating to this competence. They can be checkpoints to find out if you are using the competence fully and to your best advantage, giving you an idea of how to improve the use of the competence to reach the top in your sport.

HOW HIGH IS YOUR HIGH - My checkpoints

1. What do you really want?

You know what your next goal is but what is it that you really want?

Is your sports goal the same as your goal in life? Is your sports goal serving any bigger purpose? You may define your goal in some words, but have you ever thought about if there is something meaningful behind those words? How would you describe yourself as a person if you do not achieve your goal? Have you set the goal because of your desires or because of other people? Would you have the same goal if you lived somewhere else or started from the beginning?

2. Patience to achieve the goal

Do you have the patience that achieving your goal requires?

How well do you understand the time it takes to achieve your goal? Do you feel impatient most of the time when you try to work toward the goal? Are you prepared to push your goal further in time if that is required? Does it matter to you when you reach your goal? Are you able to set the intermediate milestones rationally? How do you handle setbacks?

3. Perfection

Are you likely to use shortcuts or do everything perfectly?

Does it matter to you how you reach your goal as long as you reach it? Are you paying attention to every detail and giving them the time required? Or are you happy to use shortcuts and hope they are enough to survive to the next step? Do you ever look back and analyse what you have done and left incomplete until this moment? What is more important to you: to do everything required to reach your goal or that everything you do helps you achieve your goal?

4. Distractions

How do you deal with distractions?

Are there any distractions that divert your focus away from your goal? Do you find yourself responding aggressively to distractions? Do you try to deal with distractions, or do you just let them be? How quickly after a distraction, are you able to reach your full focus on your goal? Do you prepare for distractions in any way? Has a distraction ever been a good thing because it refreshed your mind?

5. Stubbornness

Are you defending your goal stubbornly?

How often do you critique your goal? Do you think you could have a tendency to push for a goal that you know you cannot achieve? Would you be willing to adjust your goal if it turns out to take too long to achieve it? If required, how easy would it be for you to change your dream to some other dream? How strong is your goal – are you willing to sacrifice everything for it?

6. Bad days

How do you handle bad days?

Do you become disappointed on bad days when you feel you are moving away from your goal? Does that give you extra motivation or make you angry? What do you do on bad days? Have you ever considered using bad days as a sign to take some distance from your goal? On bad days, when it would be good to talk with someone, are people too afraid to be around you because you are always in a bad mood? Do you work harder when you should be resting?

7. Am I alone?

Do you exclude everyone from your life when achieving your goal?

Do you remember to take care of other people and help them with their needs and goals? Do you have around you only those people who can help you right now? Do you have people you can always rely on and trust? If yes, how do you treat those people? Do you have social needs? How do you fulfil them? Do you think you sacrifice relationships because of your goals?

8. Reward vs. cost

Do you ever measure how much it requires to achieve your goal and is it worth it?

Does it matter to you how much it takes to achieve your goals? Have you ever left something incomplete because it would have taken too much time or been too costly? Have you ever thought about what else you could do with your life if you were not focusing so much on achieving your goal? Do you think reaching your goal is worth all that you put into it?

9. What next?

What will happen to you once you have achieved your goal?

Is reaching your goal taking all of your physical and mental resources, leaving you with nothing once you have reached it? Do you think you could have the energy to work similarly toward a second goal? And the next one? Do you think you are a better person after achieving your goal? Can you have the same goal twice? After becoming a winner, can you win again, or do you start defending your position?

10. Being the best you


How well are you using your ability to focus on your goals to become the best yourself?

Do you have your goal clear in your mind? Are you able to exclude things that do not support your goal? Are you able to take some distance and rest when you feel that is needed? Or are you stubbornly pushing toward a goal that you are very unlikely to achieve, sacrificing all the other important things in life?

HOW HIGH IS YOUR HIGH - Impatience

This section will focus on one of your strong competences. First, the section goes deeper into the meaning of this competence. Next, it describes what the competence can be at its best, what challenges it may create and how to overcome those challenges.

95% Impatience



Impatience is the will and desire to do something without waiting. Sometimes it is clear to everyone that a person does not want to wait but wants to take any action to get things rolling. Impatience can be your greatest strength if you learn to manage it in the right ways and use it when needed. Below you can find more information about how to achieve greatness through impatience.

There are a few different aspects of impatience. Take a look at them and think which ones are familiar to you?

The concept of impatience derives from ancient times when people hunted for their food. If killing the prey was taking too long, it was time to consider alternative strategies (the first aspect). Impatience was deemed to be good. It was a sign to change the strategy. Today, we consider impatience as part of not being happy about the existing circumstances (the second aspect). The world is more complicated than during ancient times. There are more ways to spend your time, and waiting idly feels like a waste of time when there are "better things to do" (the third aspect). Impatience is triggered when you realise that there are increased sacrifices to achieving the goal.

Impatience can help you achieve your goals faster when you understand the situations where impatience serves you well. Impatience can help you understand the sacrifices of achieving the goals and if those sacrifices are worth it or if the sacrifices can be reduced somehow. This leads to a better understanding of the options and choosing the most suitable one for you. This whole process is a path to success when you have top-level goals in sports, and you are determined to get there in the smartest way.

When a clever use of your time and effort meets with excellent performance levels, the results will be astonishing. Think of LeBron James. He is also known for his move to switch from Cleveland Cavaliers to Miami Heat because he wanted to win the NBA Championship and was not ready to wait for Cleveland to become a championship team. He went to Miami, won a couple of NBA championships, a lot of MVP awards and then transferred back to Cleveland and won another championship with them as well.

Use your impatience to motivate you. You are making things happen, and that is your strength. You do not need endless discussions and pondering how to move on. You can take action. So allow yourself to get inspired and be the starting force. You are excellent at it. And if you are getting impatient about something along the way, explore the reasons behind those impatient moments. Use those moments to discover what triggers you and learn from it. Use your energy and intensity to do something that is valuable to you. That is how you reach the top!

Sometimes impatience is shown and felt in too many situations and environments if you have not learned to manage it. There are situations where impatience might not help you, and it might be better to calm down and ignore these feelings. If you, for example, are about to do something that requires your full concentration, focus on it and continue until the end. Keep out the distractions and do not let them get your attention.

Make sure that the decisions you are making are worthy ones. Identify the situations where impatience affects you more than it should and possibly leads to irrational decisions that will not help your cause. Recognise how importance and impatience possibly correlate. Do you become irritated more often if you care about something, or are you just impatient with everything? Also, changing your mindset when you feel impatience arising is sometimes constructive. Practice mindfulness skills to train patience in some situations.

When you are at your full potential with this competence, you are full of intense energy to achieve your goals. You are motivated to give it all in this moment. You can quickly shift your focus in changing situations. You get started quickly, giving yourself a head start against your competitors. You are doing what you love, and you are good at it. You are about to do great things, and you know and feel it.

“I think I am difficult to satisfy, because when I win something, I’m already thinking about the next step, and that is maybe a problem for me. I’m not enjoying the moment. I’m already on the mission to win the next trophy.”
Zlatan Ibrahimovic

The rest of this section will identify ten situations relating to this competence. They can be checkpoints to find out if you are using the competence fully and to your best advantage, giving you an idea of how to improve the use of the competence to reach the top in your sport.

HOW HIGH IS YOUR HIGH - My checkpoints

1. Concept of time

Is time always “waste of time” for you?

How do you define how long something should take? Is there any other good time for you but now? Do you always try to do things faster than they can be done? Do you think you need less time than most people? How do you respond if you hear about something being delayed? Are you always conscious about how long something takes? In what situations do you forget about the time?

2. Slower-paced people

How do you cope with people that you consider too slow?

How do you react to people who do not proceed as fast as they could? Are you usually the first one in everything? Do you like waiting for other people? Have you ever noticed doing something by yourself because that way, it gets done faster? How do you like a coach who ponders instead of taking action? Do you prefer to train alone because then you can proceed at your own pace?

3. Patience

Can patience ever be good?

Can you think of any situation when waiting is better than taking immediate action? Have you ever noticed yourself doing something before you had all the information or instructions? In competition, do you have the patience to wait for the right moment? Do you always want to have everything done right now? In what situations does your impatience produce better results than being patient would have produced?

4. “Stupid thing to do”

How do you handle situations when you have to do things that you consider unreasonable?

Do you accept that there are things that have to be done and take time and don’t seem very reasonable things to do? How do you motivate yourself in those situations? Are you eager to express your opinion when you disagree with something you are required to do? Do you ever behave irrationally when you decide to resist something? Have you left something incomplete because you didn’t have the patience and motivation to do it?

5. My turn

When is your turn?

Do you always need to be the first one? What do you think about waiting for your turn? Have you ever experienced aggression when you have noticed someone has been given a chance to go before you? Are you spending too much energy on keeping everyone behind you (except in competition, of course)? How do you like trainings when you need to wait for your turn?

6. Maintaining focus

Regardless of your impatience, can you maintain focus?

As you are impatient and may easily change your direction and opinion, how do you make sure you keep focused on the goal and do not reject something already done by changing your mind? Can you handle small interruptions by ignoring them and maintain your focus on your next step? Do you easily get excited about something that takes your focus away? Are you multitasking?

7. Quick decisions vs. good decisions

What are the best decisions?

How would you describe yourself as a decision-maker? Are you able to identify the importance and attention each decision requires? How often do you make poorly considered decisions? Do you consider yourself a good decision maker? Why? Do you recall a situation when you delayed a decision, which turned out to be a wise move? How much information do you require to make a decision?

8. Getting started

When are you ready to start?

Are you always ready to start right away? How much time do you need before you take action? Do you think you ever take action too quickly? How do you know when you are ready to start? Have you ever gone the wrong direction because you quit/started too urgently? Have you ever had to persuade others to move forward with you? Have you ever received feedback from your coach that you did not listen to the instructions properly?

9. Mistakes

How many mistakes do you allow yourself to make?

Impatience usually comes with mistakes, correct? Do you ever calculate the risk potential before you take action? Are you equally impatient with the tasks involving high and low risks? Do mistakes bother you? Do mistakes of other people bother you? Do you ever make the same mistake? Do you have the patience to learn from your mistakes? How do you react when you notice yourself making a mistake?

10. Being the best you

How well are you using your high Impatience to become the best yourself?

Are you alert at all times to be ready to change your direction when circumstances change, or a better option appears? Do you use your time effectively because you do not wait unnecessarily? Do you create chaos by constantly losing your focus and changing your opinion? Do you burn bridges by being too impatient with other people?

HOW HIGH IS YOUR HIGH - Optimism

This section will focus on one of your strong competences. First, the section goes deeper into the meaning of this competence. Next, it describes what the competence can be at its best, what challenges it may create and how to overcome those challenges.

95% Optimism



Optimism, in general, is the belief that something good is about to happen. In case there are some difficulties or setbacks along the way, they are considered temporary or even empowering events. Optimistic people have a steadfast belief in positive future events. You are one of these people! Optimism can be your biggest strength that can take you to the top. Below you can find more information about how you could achieve greatness through optimism.

There are different types of optimism. Which type describes you best?

Optimism stems from an internal desire to see things positively, to believe everything will turn out well if you just believe it will happen. Optimism is, to a great extent, an attitude greatly influenced by your personality but also by everything you have experienced in your life. It is also something that you can develop. Optimism has been shown to correlate with better mental and physical health. Optimism lowers anxiety and depression and results in healthier lifestyle habits and lower levels of pain. Optimism can also be categorised under two different domains: a more stable dispositional trait, “big optimism,” and a less stable more situation-specific “little optimism”.

The excellent news for you is that optimism has been claimed to be one of the most important traits for elite athletes to have. So, if your dream is to become an elite athlete, being optimistic can take you far with your dream! Optimistic athletes have the ability to change their thinking, re-focus and therefore get the wins even though they would have been struggling during the competition. It makes them more successful. This ability can make you more successful too.

When you will learn to manage optimism to your advantage, the results will be astonishing. Think of Stephen Curry.

When you are optimistic, you are not afraid to lose. You see learning and success as the outcomes of the process. This mindset is golden. When you are not afraid to lose, losing is not an option for you. This gives you power that not everyone has. At the top, the margins that separate winners from losers are very small. Most likely, if your mind does not have any fear, you will be the one who will score those extra points when it matters - and win. And even if you lose, it will not defeat you. For you, overcoming struggles and setbacks quickly is like recovering fast physically. Today, elite sports is also a race about who can recover faster. You have this ability. You have what it takes to win these races.

You can crank up your positive self-talk when you know you need it and can use your optimism to improve. Being optimistic is seeing things in a positive light all the time and having the ability to make plans to improve. For example: “I can fix this problem by doing two extra 30 minutes cardio sessions per week”. However, simply believing that eventually things will get better lacks the action you need to take to make the positive changes.

Furthermore, optimism is linked to internal dialogue, which is an essential part of success in sports when facing events that might impact your performance. It goes hand-in-hand with self-confidence, which is also crucial for success.

When you are at your fullest potential with this competence, your mind is your greatest strength. It will make your body last longer at times when you need to push. It will help you stay healthier physically and mentally. It will see opportunities and hope where others might see difficulties and failures. It will enable you to dream and

feel empowered. You will provide yourself with an action plan toward the dream. And it will provide you with the possibility to reach the dream, step by step.

“You can’t put a limit on anything. The more you dream, the farther you get!” - Michael Phelps

The rest of this section will identify ten situations relating to this competence. They can be checkpoints to find out if you are using the competence fully and to your best advantage, giving you an idea of how to improve the use of the competence to reach the top in your sport.

HOW HIGH IS YOUR HIGH - My checkpoints

1. Stability of your optimism

Are you optimistic all the time or only at times?

Can you notice a difference in your mood when you prepare for a competition and when in competition? Do you experience different levels of optimism at different times? Are you generally optimistic about everything, or is your optimism dependent on what you are thinking about? How much do you think about what good can happen vs. what bad can happen?

2. Handling disappointments

How do you process disappointments to boost your optimism?

At times of disappointment, do you think more about what went wrong or what can you learn from them to continue improving? How much time do you need to recover from disappointments? Are you interested in learning who is to blame? What are your greatest learning experiences? What makes you more excited: winning or losing?

3. Boosting your optimism

How much effort do you need to maintain optimism?

Do you feel that you need to use techniques to stay optimistic? What techniques are you using? How do you handle the negative events in your self-talk? Are you aware of what you say to yourself? Do you listen to yourself? How do you most easily boost your optimism? Are there people in your life that help you stay optimistic?

4. Being realistic

How well can you tell the difference between a dream and reality?

Do you truly believe in everything you believe in and aim for? How do you compare your dreams against your capacity? How do you process feedback from your coach? How does what people say about you affect you? Are you a dreamer or a planner? How far are you currently from your dream? How often do you update your dreams?

5. Making dreams a reality

Do you have a detailed action plan or do you believe things will just happen?

How do you set time schedules for reaching your goals? What is your process when creating an action plan? Is it concrete enough and in your control? Do you believe that things will turn out your way, or are you also taking action toward them? Do you listen to feedback and advice from others? Do you ever write down your goals, or do you just have them in your mind? Are you always aware of the next thing you need to accomplish?

6. Being around pessimists

Are you comfortable with people less optimistic than you are?

Do you ever argue with pessimists? After talking with a pessimist, do you think about what they said? Do you try to avoid the company of people that have a negative attitude toward life? Are you able to separate facts from negative information? What can you learn from pessimistic people? Is there anything other people can do to decrease your optimism?

7. Using optimism in competition

How well do you let yourself and others see your optimism?

Have you ever noticed having a mental advantage over your competition just because you express that you believe that good things are happening? How much extra energy does it give you when you believe things will turn out well? Do you find yourself enjoying the sport more than most others? Do you enter into a competition feeling like a winner?

8. Optimism when preparing for a competition

Do you turn optimism into your advantage or disadvantage when preparing for a competition?

Even though you believe things will turn out well, do you still prepare carefully? Do you concentrate well enough? How much time before the competition do you exclude other things from your mind? How much of your mental preparation do you focus on positive outcomes compared to preparing yourself for surprises? Do you ever forget to do something?

9. Career outlook

Are you happy with your current career or do you dream for more?

Do you believe there is a difference between how positive you are when you are at the top or the beginning of your career? Do you always want more? Where does your hunger for success come from? Do you believe you will reach what you are dreaming for? How much do you focus on today and how much on tomorrow? How about yesterday? Why are you in sports?

10. Being the best you

How well are you using your high Optimism to become the best yourself?

Have you ever considered the difference between being optimistic and being unrealistic? Is everything you work for possible? Or are you too modest with your dreams? Are you putting enough focus on details?

HOW HIGH IS YOUR HIGH - Sensing intelligence

This section will focus on one of your strong competences. First, the section goes deeper into the meaning of this competence. Next, it describes what the competence can be at its best, what challenges it may create and how to overcome those challenges.

86% Sensing Intelligence



Sensing intelligence refers to the ability to recognise one's emotional state and the emotional state of others. Furthermore, it is an ability that helps the athlete to understand where their motivation and emotions come from. Sensing intelligence can be your greatest strength if you learn to be aware of it and develop it to be your asset. Below you can find more information about how to make sensing intelligence your biggest strength.

Sensing intelligence consists of a couple of different areas. Can you recognise which ones are familiar to you in your own life?

Self-awareness is at the core of this competence. Self-awareness provides insights into your strengths, limitations, and how your emotions and behaviours affect your performance. It is vital information for any athlete in order to reach the top. The second element in sensing intelligence is social awareness. It describes how well you recognise how others are feeling around you. Do you recognise your feelings affecting others? Are you aware of what is happening around you? Empathy is the third part of sensing intelligence. It gives you an ability to read others and reflect their feelings to yours.

The better you understand yourself, the more likely you will succeed because you know what bothers you and boosts you. This makes you more able to understand others because when you can identify feelings within yourself, it makes it easier for you to identify the same feelings in others. You have the capacity to understand how to engage everyone. This is a talent that can take you to the elite level when you understand the power it gives you. Nobody achieves greatness alone. You are a sentient human being, and people like you make amazing things happen!

When you truly know yourself and have a sense of what you are capable of, the results will be astonishing. Think of Roger Federer.

Another asset of sensing intelligence is the ability to regulate your emotions. If the situation requires getting psyched, you can recognise it and pump yourself up. Sensing intelligence helps with getting into the flow state as it relates to the ability to regulate emotions. This ability gives you greater potential to perform in training and competition. This furthermore leads to better self-esteem and confidence, which is crucial in keeping those peak performances coming.

Sometimes a possible struggle for self-aware people is becoming too self-conscious, which may feel overwhelming. Also, in team settings, the constant evaluation of others' feelings might harm the performance more than aid it if you have not learned to accept that others' feelings are beyond your control. You can boost them to perform better, but you can only control yourself and your actions. That is always the priority. Keep that in mind.

When you start feeling overwhelmed, note those signals in your body and start refocusing yourself again. Be honest with yourself and discover the matters that are disrupting your performance. Learn also what makes you perform better. Use those insights to become better. Create a routine that helps you regulate your emotions back to a level that enables you to perform better. Practice mindfulness to learn how to achieve or sustain a calm mind in intense situations.

When you are at your fullest potential with this competence, your performance looks enjoyable, easy, and smooth. You know what you are doing. You are in harmony with yourself, others and your surroundings. There

is nothing that disturbs you. You are able to raise the level of your and others' performance. You are enjoying the competition using intuition to your advantage. You shine with self-confidence and you empower yourself. That makes you unstoppable.

"I think self-awareness is probably the most important thing toward being a champion" - Billie J. King

The rest of this section will identify ten situations relating to this competence. They can be checkpoints to find out if you are using the competence fully and to your best advantage, giving you an idea of how to improve the use of the competence to reach the top in your sport.

HOW HIGH IS YOUR HIGH - My checkpoints

1. Empathy

How far do you let your empathy go?

Is it enough for you to be aware of others' emotions without taking any action? Do you believe everyone in sports is responsible for themselves? Do you limit your empathy to people in your team, or do you also care about your competitors? Are you able to push harder when you see a competitor having a weak moment? Are you willing to give space to people who need it more than you do?

2. Self-awareness

How intensely do you pay attention to your emotions?

Do you ever just let go, or are you always reflecting everything via your feelings? Do you sometimes delay action until you are completely sure how you feel about the situation? Are you comfortable competing when you have things bothering you? Is it important for you to feel that there are no distractions in your mind? Do you only take actions that you know and feel you can take?

3. Over-worrying

Is it enough to just be aware of what is happening, or do you let feelings control you?

Are you sure your mind is not exaggerating things? How do you recognise when something grows out of proportion? Have you ever lost focus because of worrying or thinking about something else? Are you able to separate important warning signs from non-important ones? What are your biggest priorities? Do you think you need to involve yourself (at least emotionally) in every challenge?

4. Being proud of oneself

What makes you proud of yourself?

How do you measure success? Do you accept all the means to achieve it? What else besides the scoreboard do you value as a sign of good performance? Is everything you like to do directly focused on maximising performance? What are your most important moments until now? What acts of yours are you the least proud of? Does it make you proud when you recognise other's weak moments, and you utilise them to your advantage?

5. Controlling emotions

Can you keep your cool when needed?

Can you take feelings and emotions like facts, or do you live through them emotionally? Have you ever noticed a decrease in performance when you become emotionally involved with something? Are you able to become a “cold-blooded winning machine” when that is needed? Have you ever let your emotions take over? Have you ever seen yourself being emotionally better than your competition?

6. Goal focus

Can you keep your focus on your goals?

Observing the environment and sensing other peoples’ emotions takes time and energy – does it take your focus away from the goals? Is every single action you take moving you closer to achieving your goals? Do you prioritise your actions based on how crucial they are to achieving your goals? How do you utilise the understanding of your emotions to help you to achieve your goals? Do you ever change your goals because you feel reaching them would stretch you too much?

7. Difficult choices

How do you process difficult situations and decisions?

Are you able to make purely fact-based decisions? Do you solve challenges fast and quickly take action? Do you ever change your decisions if you feel your decisions cause anxiety in other people? How much do others’ expressed and non-expressed needs influence your actions and decisions? What are your typical criteria for making decisions? Do you always choose the option that causes the least anxiety?

8. Giving space to others

Is it you first and then others?

Do you believe everyone has equal rights to resources like gym time or the coach’s attention? Do you ever give space to someone if you feel they need it more than you? Have you noticed anyone doing that for you? When you don’t have a full energy level, do you let others take your turn? If you feel you need to focus on something, do you have the patience to wait for your turn?

9. Obeying oneself

Are you respecting the internal signs you can recognise?

How do you manage your emotions? How do you energise yourself? If you feel you should stop a training, how long do you wait before you react? Are you flexible in your actions based on your feelings? Do you let your competitors’ or team members’ emotional state influence yours? Do you always know why you feel the way you do?

10. Being the best you

How well are you using your high Sensing Intelligence to become the best yourself?

Can you maintain your mind and body in balance? Are you able to observe your internal signs and let them guide your actions? Do you ever become over-sensitive, over-worrying or over-caring? Are you always aware of everyone’s emotions, and can you use that knowledge to your advantage?

HOW LOW IS YOUR LOW

We cannot be good at everything. Not even the best can perform in every aspect of sports equally well. This part of the report focuses on those competences in which you did not score highly. It is okay if you want to develop them. This report does not focus as much on how to develop them. Instead, it tries to help you make sure they do not become bottlenecks to your success and rise to the top.

Next, we will give you some points to think about for each competence. They may not alone help you to avoid the challenges that a low score with that particular competence may create, but they should provide you with some ideas or realisations.

Egoism

22% Egoism



The basic idea of Egoism is that you prioritise your interests over the interests of other people. Athletes with High Egoism enjoy and gain extra energy from being in the spotlight and the focus of other athletes.

As you scored low on Egoism, it means you do not consider these qualities to be among your greatest strengths. You probably do not need to become truly strong on Egoism, but it may still be good to notice that there are risks involved if you completely ignore it.

RISK FACTOR 1: Losing space

If you learn to put your interests at least sometimes ahead of others, you create space for yourself and your needs and wants. Getting your needs fulfilled helps you feel more relaxed and concentrated when you can focus on yourself and the matters you need to do instead of prioritising others' needs. How can you create more space just for yourself to focus on what you need?

RISK FACTOR 2: Getting bossed around

Developing more Egoism will help you to set limits more firmly. Setting limits means, for example, how you can be treated. Establish a value for yourself and what you can tolerate and what you cannot. This is also one way to learn to respect yourself more and earn respect from others as well. What limits do you wish you could have? What limits do you wish people would respect?

RISK FACTOR 3: Missed development and recovery chances

Being nice is ok, but sometimes it takes its toll. If you learn to think about and value yourself a little more, you might benefit from it in your performance as well. For example, if you drive other team members home from practice every night and lose one hour of quality sleep because of it, you risk your development and recovery. Will it be worth it?

RISK FACTOR 4: Stumbling under the spotlight

People with high Egoism are shining in the spotlight. They can use the attention to empower them in the competition. What happens when you are in the same situation? What are your methods for utilising those situations to your advantage?

SUPPORTING COMPETENCES

The following competences may help if you are low on Egoism but high on one or more on these competences.

High Goal Focus: As you scored HIGH on this competence, you are likely to live for the goals you have so much that it will also help with your low Egoism. This helps you to behave how a person with high Egoism person would also behave.

PREVENTING COMPETENCES

The following competences combined with low Egoism may increase the likelihood of the negatives of low Egoism emerging in your career. This section aims to bring more awareness to the possible risks.

High Optimism: As you scored HIGH on this competence, you may too easily accept that you will get your turn or “the praise” you deserved next time. Be aware that sometimes you need to take that opportunity now because there are people who will use their chances every time, and you may not get your turn or chance just by believing in it.

High Sensing Intelligence: As you scored HIGH on this competence, you may have a higher risk to keep taking others into consideration too much and never focus on yourself, even when it is needed. You are very aware of other people’s moods and feelings, and you may end up pleasing them more than you should.

Self-Care

10% Self-Care



Self-Care refers to the activities done to take care of oneself and achieve a more stable and healthy state mentally, emotionally, and physically.

As you scored low on Self-Care, it means you do not consider performing these activities to be among your biggest strengths. You probably do not need to become truly strong on Self-Care, but it may still be good to notice that there are risks involved if you completely ignore it.

RISK FACTOR 1: Getting injured

There may be times when you focus strongly on responsibilities that normally relate to Self-Care. However, performing preventative exercises to recover from an injury is not the same as performing preventative exercises to prevent an injury. You should also do preventative exercises and other self-care tasks when you have no problems. Can you take the risk of getting injured because of a lack of Self-Care, or do you have another method to make sure you do not injure yourself or burn yourself out unnecessarily?

RISK FACTOR 2: Missing top shape

People with a high Self-Care score are willing to take care of their bodies and see how far they can get. If they reach the top, they are more likely to get there with a healthy body and mind. This allows them to stay in top shape longer, which increases the chances of winning. How could you increase the likelihood that you can sustain a healthy body on the journey to the top?

RISK FACTOR 3: Shorter career or success run

If you get to the top, remember that Self-Care is one of the keys to stay there and last longer. You need to stay healthy to battle against the best and time. Care about yourself enough to take better care of yourself. Or care about your career and future enough to do so. After all, Self-Care is all under your control. What are the tasks you can take care of to ensure that it will not be your fault if your winning streak or success comes to an early end?

RISK FACTOR 4: Lost opportunity to explore limits

You are more likely to achieve your best if your mind and body are at optimal health and allow you to reach the highest levels of your performance. If you are never at your optimal state, can you ever truly find out how great you could become? How can you make sure your body can handle the moments when you need to reach your limits?

SUPPORTING COMPETENCES

Even though all the competences are independent from each other, some competences can be used to compensate for the lack of another competence. For Self-Care, they are High Perfectionism, High Discipline

and High Preparation. In your results, none of these three supporting competences are high, making it more difficult to use the other competences to compensate for Low Self-Care.

PREVENTING COMPETENCES


The following competences combined with low Self-Care may increase the likelihood of the negatives of low Self-Care emerging in your career. This section aims to bring more awareness to the possible risks.

High Extremism: As you scored HIGH on Extremism, it means you are likely to push your boundaries to the extremes. If you combine this quality with a very low score on Self-Care, you are more likely to break yourself at some point, physically or mentally.

High Impatience: As you scored HIGH on Impatience, it means that you may not take the time to do things patiently. If you combine this quality with a very low score on Self-Care, you are more likely to consider Self-Care as something too dull or static that takes too long. Thus, it is something that you may consider as a waste of time, and you do not have the required patience to do it well enough.

Enjoyment

10% Enjoyment



Enjoyment in sports is defined as an athletes' positive emotional response to their involvement in sport. This furthermore leads to more general feelings such as fun, pleasure and love.

As you scored low on Enjoyment, it means you do not consider these qualities to be among your greatest strengths. You probably do not need to become truly strong on Enjoyment, but it may still be good to notice that there are risks involved if you completely ignore it.

RISK FACTOR 1: Unwillingness to go further

One core element of sports is play. People with higher Enjoyment scores can enjoy sports and get through more challenging patches because they make an effort to keep themselves smiling. When they enjoy the sport, they are also willing to work for it and keep going because it does not feel like a burden to do so. How can you keep going if you do not feel such enjoyment when in action? Has something taken away your fun factor in sports? Can you get it back? Can you specify what keeps you going when you cannot see your sport's fun and positive aspects?

RISK FACTOR 2: Possible need for external motivation

People who have a higher score on Enjoyment want to come to practices because they enjoy it. Enjoyment can work, therefore, as a motivating factor. They do not need other external motivating factors to do the sport. They can find joy in life from the sport. What could make you enjoy your sport more? What makes you happy in practices? Can you add those elements to your practices and competition?

RISK FACTOR 3: Affecting others in a less positive way

Higher enjoyment also often leads to spreading enjoyment and making other people happy too. People with a high Enjoyment score can cheer up others around them. If you are not showing enjoyment in what you do, are you aware of what kind of signal you are sending? Are you supporting the atmosphere, or do you end up being the one who needs support and encouragement?

RISK FACTOR 4: Sport simply feels like work I have to do

The enjoyment of sport increases the feeling of involvement. People who enjoy sport and what they do, feel more connected with the sport. Sport may start to feel like very dull work and loses its meaning if you cannot find some joy and playfulness in it. Do you wish you would enjoy your sport more? What are your primary reasons to do sport? Is there a reason why enjoyment could not be one?

SUPPORTING COMPETENCES

The following competences may help if you are low on Enjoyment but high on one or more of these competences.

High Rhythm & Flow: As you scored HIGH on Rhythm & Flow, you are likely able to find the flow state and get into the rhythm of the game or practice easily. This enables you to experience feelings of contentment and connectedness. These are feelings that a high Enjoyment person also gets from sports.

High Optimism: As you scored HIGH on Optimism, you believe that there is something good waiting for you around the corner. This belief helps you get through the more difficult phases. You can find some joy and happiness in tougher moments as well. These are thoughts that a high Enjoyment person could also have.

High Sensing Intelligence: As you scored HIGH on Sensing Intelligence, you are aware of your feelings and usually know where they originate. This can help you to recognise the factors that bring you joy. Knowing what they are, helps to add more of them to your daily life. That is something that a high Enjoyment person would also do.

PREVENTING COMPETENCES

Some other competences may make it more difficult to develop a competence with a low score. For Enjoyment, they are High Perfectionism, High Competitive Power and High Discipline. In your case, none of these applies. This is a good thing if you want to develop your low score on Enjoyment.

Discipline

11% Discipline



Discipline means that you are making decisions and acting according to your long term goals rather than choosing options offering instant and immediate gratification and pleasure. Sometimes this requires effort and time, but a disciplined person does everything as professionally as possible, follows the plan and does not get side-tracked.

As you scored low on Discipline, it means you do not consider these qualities to be among your greatest strengths. You probably do not need to become truly strong on Discipline, but it may still be good to notice that there are risks involved if you completely ignore it.

RISK FACTOR 1: Getting side-tracked

Disciplined people may see the same side-tracks as other people, but they do not consider them as tempting options. Improving and feeling stronger and better are more tempting and important for them. They will not sacrifice for something less valuable to them. Do you wish you would get side-tracked less often? What could make you stay on the path more often?

RISK FACTOR 2: Let the day determine the level of performance

It is evident that not every day can be your best day. Despite this, disciplined people will continue to do what they are supposed to and follow the standards they have set for themselves. This is beneficial because if you let yourself skip planned routines because you feel bad, you miss the opportunity to improve on that day. Also, it is hard to succeed in the competition on a bad day if you have not practised the skill to aim for your best on bad days. It means that if you are at 70% of your best shape today, you should still give your 100%, not 70%. How can you make sure you can give 100% effort every day? What could motivate you to do your best when life does not feel that good?

RISK FACTOR 3: Pleasure wins

Today pleasure and immediate gratifications are present everywhere, and it is hard to stay on the planned path. Disciplined people can avoid these more often than others because they have something more valuable on

their minds, and they can weigh the options with the long-term goal or plan in mind. How could you take a moment and consider your options when you need to choose between immediate pleasure and planned hard work? How do you know if that choice is ok or pointless, or even harmful to you?

RISK FACTOR 4: Feeling bad

Being disciplined does not mean that your whole life must be a performance under the strictest rules. The real benefit of being disciplined is that you can also relax and enjoy other things when you have shown discipline for the most part. Then you do not have to feel bad about having a dessert or having a movie night with friends because it is part of the plan and makes you more balanced. Are you feeling bad about relaxing, resting or enjoying things? How could you be disciplined and use the fun things as a reward and not have to feel bad about occasionally taking it easy?

SUPPORTING COMPETENCES

Even though all the competences are independent from each other, you can use some competences to compensate for the lack of another competence. For Discipline, they are High Perfectionism, High Repetitiveness and High Preparation. None of these three supporting competences are high in your results, making it more difficult to use the other competences to compensate for the Low Discipline.

PREVENTING COMPETENCES

The following competences combined with low Discipline may increase the likelihood of the negatives of low Discipline emerging in your career. This section aims to bring more awareness to the possible risks.

High Optimism: As you scored HIGH on Optimism, your strength is in the approach you have toward life and sports because you believe in a better future during harder times. If your Optimism takes over and turns into unrealistic hopefulness and you are also low on Discipline, you may not do what is needed for a brighter and better future. You are likely to believe that things are going to work out well for you without disciplined actions. This may be harmful to your development.

Preparation

10% Preparation



Preparation refers to the mindset where athletes prepare themselves for competitions and practices mentally and physically to create an optimal level of readiness.

As you scored low on Preparation, it means you do not consider these qualities to be among your greatest strengths. You probably do not need to become truly strong on Preparation, but it may still be good to notice that there are risks involved if you completely ignore it.

RISK FACTOR 1: Getting surprised

People who are score high on Preparation do not often encounter surprises that will negatively affect their performance. They have been preparing for surprising situations and have a plan for what to do if this or that may happen. How do you ensure your level of performance stays at a good level if and when surprises happen?

RISK FACTOR 2: Giving a head start to competitors

When a competition starts, people with high Preparation are ready. They have certain routines that help them prepare mentally and physically for the competition. That makes them ready to strike right at the beginning, and they do not need more time to prepare. Are there times when you have not been prepared when the competition begins? Are you at your best only a little later? Are there things you could do but are not doing to prepare better? Can you afford to give your competitors a head start?

RISK FACTOR 3: Confidence level varies

One benefit of Preparation is the confidence that people get when they have done their part as well as possible. If something does not go as planned in the competition and they do not achieve the desired results, they do not need to blame themselves that they should have prepared better. Being prepared enables them to have a stable base for confidence. Have you had competitions where you know you could have done better before the competition? Could you think of a few things you could do to make sure you are better prepared next time?

RISK FACTOR 4: Compromised performance level at practices

Preparation is not only about competition. A high-performance level for the competition is built into daily practices. How can you ensure that you are not compromising the first part of the practice because you are not ready? If you often compromise the first part of the practice, are you sacrificing valuable practice time to reach the top? How much focus do you allocate to the pre-practice preparation?

SUPPORTING COMPETENCES

Even though all the competences are independent from each other, you can use some competences to compensate for the lack of another competence. For Preparation, they are High Self-Care, High Perfectionism and High Discipline. None of these three supporting competences are high in your results, making it more difficult to use the other competences to compensate for Low Preparation.

PREVENTING COMPETENCES

The following competences combined with low Preparation may increase the likelihood of the negatives of low Preparation emerging in your career. This section aims to bring more awareness to the possible risks.

High Extremism: As you scored HIGH on Extremism, you are likely to go to the extremes to explore your limits. Since you also have a low Preparation score, you are more likely to enter into risky situations without preparing yourself with the necessary time and effort.

High Impatience: As you scored HIGH on Impatience, you are likely to take action when you want and not when you are ready for the action. Combining this with low Preparation, may mean you end up in situations where you are jumping to the next step (in competition, goal, etc.) a little too fast and without proper preparation. This decreases your likelihood to succeed in them.