

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

Date: \_\_\_\_\_

# Mind of a Sports Performer

E W Y H W Q S Y S B K D J Z S K J F E Z E P K A  
G R V R V L O N G T E R M M U T T X E K C S O T  
Q F B R I I D S T W S R A B U B B G M Z W S U R  
I C P W U E Z J Z T Q R S A U X F Q L P U S O A  
V W G S D W X F I N T F I W C W V C W B T M A I  
T P I B W C N F B F G N M E X T R I N S I C V T  
E A R Q L B E I N E T D C Z S N I T O I F A C C  
C V J Z U N T J P R I R S E X W C S G K C Y H E  
V E T R E S Z C I C H N L Z K E G G Q H P A D N  
O B A B B M R N T Q O F L A U O K F I H H W R T  
A H S S J A S L K I C R Y M A X J E A J F C D E  
I S M P U I C Y T O O Z Y L R G V A J J E T L R  
Q N F A C Q C A N B O C S Q Y E P Q O L V P B E  
D V E R W E V F L H A E N F M P T J J O T E W D  
G X J Z H I I N U C T Q F E R J L T C K N N M V  
L B B S T D L V I T U D N X K A T C R Q L T S I  
K S L O E Z R F I Y I T T D U G Q I F O O D G E  
C S M N C S F N J A L D T L Y W Z Z I A H U D W  
X S C E F E G R G N D N C O Q R I S E O H S Z X  
I E H I F E Z U T C C Q H J R D W W E Y J G H F  
C R U L N P W L Z A A G R S A D R F I N P M J H  
C S E O H W E F X D Y X U S A Q F N Z X V X Z C  
P S K I V K I F A B C M O Y G Q N Z T H G Z C P  
R Z Y T Q O H G V F G B W K B Y K C H L Z N Y A

traitcenteredview

selfconfidence

selfefficacy

goalsetting

achievement

Motivation

shortterm

extrinsic

intrinsic

longterm

benefits

smart