



Brain Development Services

PEAK PERFORMANCE QUESTIONNAIRE

I am efficient in my training and preparation for competition.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I eat a nutrient rich diet and am disciplined in my nutrition.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I get good quality sleep.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I give my body adequate rest.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

My body recovers well after rest.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I feel strong in my body.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I feel relaxed physically before competition.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I physically have a lot of energy.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I have a high pain threshold.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I have great focus and have the ability to be "in the zone"

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

Areas of improvement are easy to spot for me.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I am self aware.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I perform well under pressure.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I am able to make adjustments easily to progress and improve.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I compete against myself more than I compete against others.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

Self talk is very powerful to me.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I can make fast decisions and do not need to analyze and calculate.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I compete at an instinctive level.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I am flexible to change.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I am able to be in the moment while I am competing.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I like to push boundaries and be a trailblazer in my performance.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I look inwards for peace and validation.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I believe my teammates are supportive of my success.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I fully trust my coaches and trainers.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I fully trust myself.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I have realistic expectations of myself.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I am motivated to do what it takes to succeed.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I feel I have personal growth and development outside of my sport.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

Feelings are indicators. I process my feelings in a healthy way.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I am able to shake off failures and disappointments.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I can be calm and confident simultaneously.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I am motivated by my successes and triumphs.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I am motivated by my failures or losses.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I am able to handle criticism well.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I am superstitious

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I feel guilty when I am not training or progressing.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I make decisions based on my heart and feelings.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I am fearful of failure.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I am usually in a flow state.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I can trust and rely on myself.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I am safe and at peace.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I am strong.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I am motivated.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I am fulfilling a purpose bigger than myself.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I am excited about achieving more in my future.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

I desire to work hard to help others.

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

Total Score _____

Who are the people that motivate you?

Do you see yourself when you are training or visualizing your performance in first or third person?

What would be the perfect environment for you to achieve your goal?

Do you feel successful in life?

Do you feel you are living your purpose?



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YOUR BRAIN TODAY?®**

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