

Athlete Wellbeing Self-Assessment

<i>Dimensions of Wellbeing</i>	Strong					Weak
	1	2	3	4	5	6
Overall Confidence						
Self-Love						
Life balance						
Athletic performance						
Resilience - Able to bounce back from mistakes						
Overall mood						
Ability to control your mood						
Academic performance						
Physical health						
Motivation – Desire to do well						
Love for the game						
Maintaining focus under pressure						
Maintaining focus when not pressured						
Family relationships						
Friendships/Other personal relationships						
Relationship with teammates						
Team dynamics – working together						
Relationship with coaches						
Sleep						
Body image						
Balanced Eating						
Life Meaning/Spirituality						
Career/Future planning						
Overall Life satisfaction						
Overall Athletic satisfaction						
Other: _____						
Other: _____						

