

As an ambitious athlete I'm guessing that your time and energy are hugely important to you. After all who wants to waste time, to take much longer to achieve their goals than is possible?

So I'm sharing with you a checklist which includes some basic foundations from Sport Psychology that you can go back to time and again to ensure that you give yourself the best chance of getting the most from your talent.

Tick from the list what you are doing today and then look to work out where you are going wrong and what additional things you could do to help yourself.

At the start of the season, I set goals I want to accomplish for the season.

In my training or practice I measure my progress.

I have built a solid team around me who I trust and fill me with confidence.

I review and refine my goals periodically to see how well I am reaching them during the year.

In sport we often lose more than we win, so despite having high expectations and working very hard I'm able to maintain a balanced perspective most of the time.

I make sure I'm having fun on a regular basis when training and practicing.

As a motivated athlete, I often do extra's though I'm smart when I do them and keep to a plan, never doing extra's out of guilt.

As a hard working and committed athlete, I'm aware that managing my mind and body is important. As a result, I recognise that I set my own rules and look after myself with adequate rest and recovery never feeling guilty for doing so.

I play my sport for me and do not worry about what other people think. Recognising that I cannot control parents, team-mates, coaches, scouts or what fans think.

I have one or two objectives I try to accomplish when I practice.

I allow myself to play fearlessly when I practice or train, as well as when I compete.