

Strengths and Weaknesses Worksheet for Athletes

This inventory-like activity can help you know what goals to set. It is good for just getting started in a sport or for someone who is seasoned and needs to reevaluate where they're at.

Think about your strengths and weaknesses in the following areas and record them in the chart.

While you are writing, notice things like whether you're being overly critical (negative self-talk) on yourself for weaknesses and needing to identify more strengths. Weaknesses are opportunities for learning and improvement. It's okay that there's a list of weaknesses because this shows that you want to grow.

Also, notice your strengths, be proud of what you're doing well. Lastly, ask yourself, is there a strength that you can use to work on weaker areas.

STRENGTHS	WEAKNESSES
PHYSICAL	PHYSICAL



MENTAL	MENTAL

Notes/Goals/Ideas: