

MGAT (Mental Game Assessment Tool)

Measures Mental Toughness

1. I know why I perform at my best
1 2 3 4 5
Totally Disagree Agree Totally Agree
2. I enjoy playing my sport in front of my peers
1 2 3 4 5
Totally Disagree Agree Totally Agree
3. I set challenging goals for myself
1 2 3 4 5
Totally Disagree Agree Totally Agree
4. I concentrate better than my peers
1 2 3 4 5
Totally Disagree Agree Totally Agree
5. I am energized every day
1 2 3 4 5
Totally Disagree Agree Totally Agree
6. I am confident about my abilities
1 2 3 4 5
Totally Disagree Agree Totally Agree
7. I do not know why I perform terribly on certain days
1 2 3 4 5
Totally Agree Agree Totally Disagree
8. At times, I have lost my passion for sport
1 2 3 4 5
Totally Agree Agree Totally Disagree
9. I do not like making mistakes
1 2 3 4 5
Totally Agree Agree Totally Disagree
10. I don't know why I get nervous when I am playing
1 2 3 4 5
Totally Disagree Agree Totally Agree

11.I am able to handle bad breaks

1 2 3 4 5
Totally Disagree Agree Totally Agree

12.I allow pressure to get the best of me

1 2 3 4 5
Totally Agree Agree Totally Disagree

13.I get distracted often

1 2 3 4 5
Totally Agree Agree Totally Disagree

14.I am very creative

1 2 3 4 5
Totally Disagree Agree Totally Agree

15. I do not have a plan when things go bad

1 2 3 4 5
Totally Agree Agree Totally Disagree

Scoring sheet

Awareness: Questions 1, 7, 10 (add the numbers you circled)

High=12 or above

Med= 9 or above

Low =6 or above

Confidence: Questions 3, 6, 11(add the numbers you circled)

High=12 or above

Med= 9 or above

Low =6 or above

Anxiety: Questions 9, 12, 15(add the numbers you circled)

High=12 or above

Med= 9 or above

Low =6 or above

Concentration: Questions 4, 13, 14(add the numbers you circled)

High=12 or above

Med= 9 or above

Low =6 or above

Motivation: Question 2, 5, 8(add the numbers you circled)

High=12 or above

Med= 9 or above

Low =6 or above

Total score (add your subtotals from the 5 above sections)

60 and above=strong mental game

45-59=moderate mental game

30-44=weak mental game