**IMX Self Evaluation - Psychology Skills**

As a swimmer, you spend a lot of time in your head during practice and meets, so how you spend the time in your head is important. You want to make sure you are practicing the proper skills to stay positive and focused to keep yourself on your track of success. I want you to take the time to go through the questions below and evaluate yourself. Instead of the video meeting today, I would like feedback on the questions below. You can copy them into a word document to answer each question, the more thoughtful you are, the more you learn about yourself and the process.

Email me your evaluation at [kranzlaureno@gmail.com](mailto:kranzlaureno@gmail.com)

**Breathing:**

When is relaxation breathing most helpful to you?

Do you use breathing techniques before you race or in practice? Should you?

Are there other parts of your day outside of swimming that you use breathing techniques?

**Self-Talk:**

What strengths do you focus on when using self-talk?

What techniques do you use in your self-talk?

What is another technique you could develop?

**Focus:**

When your mind wanders at practice or a meet, how quickly can you return to the present moment?

What techniques do you use to help keep your mind focused on training and performing?

How can you improve your focus?

**Visualization:**

Do you utilize the tool of imagery/ visualization in your swimming?

When do you use visualization the most? How does it help you?

How? Or if you don’t, why not? What would you like to learn more about?

**Goal Setting:**

How do the above areas help you in your overall goals as a swimmer?

How do these areas help you in setting your goals each season or meet?

Do these techniques cross over to other areas or subjects in your life? If so, what and how do they influence your other goals?

**Final Questions:**

What goals do you have going for once you get back into the pool?

What techniques do you need to improve on and how will you work on them?

Any other thoughts or questions?