

Talent

UNLOCKED

SPORTSPOP ATHLETE MINDSET PROFILE

The mind behind the performance.

The Wholehearted Competitor

ATHLETE

Sample Athlete

DATE COMPLETED

8 July 2026

Stronger Minds. Stronger Athletes.

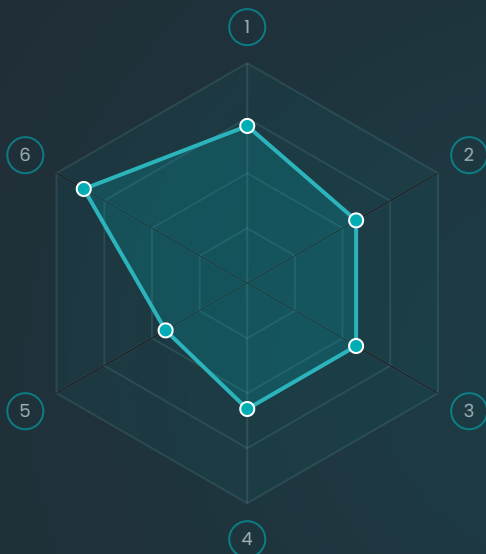
YOUR PROFILE

You're the kind of athlete who shows up with energy that other people can feel. Your drive doesn't need topping up from outside. You genuinely love getting better at your craft, being an athlete sits close to the centre of who you are, and you bring people along with you while you do it. That wholehearted quality is your edge: it carries you through the unglamorous weeks of training and makes you someone teammates want around. It also means the big moments matter enormously, and the nerves you feel before you compete are simply proof of how much you care. This profile isn't here to change who you are. It's here to show you the strengths already working for you, name the few skills that would turn your fire into something steadier under pressure, and hand you a plan you can begin this week, starting with a pre-competition routine built for exactly how you're wired.

YOUR MENTAL EDGE AT A GLANCE

Six skills that decide game day.

This is your fingerprint across the six mental skills that separate good athletes from great ones. The further out, the stronger it's showing up right now, and every one of these is trainable.



1 Confidence & Self-Belief 5/7

2 Focus & Attention 4/7

3 Emotional Regulation 4/7

4 Resilience 4/7

5 Courage Under Pressure 3/7

6 Motivation & Identity 6/7

YOUR SIX MENTAL SKILLS, ONE BY ONE

What each one means for you

Confidence & Self-Belief

5/7

You back yourself and take responsibility for your results. The belief is real. The work is keeping it steady on the days things don't go your way, by stacking evidence of what you do well.

Focus & Attention

4/7

You're curious and switched on, and you like to understand the 'why' behind what you're doing. Under pressure your attention can get pulled toward things outside your control. Training it back onto what's yours is a very learnable lift.

Emotional Regulation

4/7

Generally steady day to day, and comfortable with a normal amount of friction. The heat of competition is where there's the most control still to build.

Resilience

4/7

You get back up, but setbacks and criticism can stay with you longer than they need to. The skill is taking what's useful from a knock and deliberately letting the rest go.

Courage Under Pressure

3/7

You care deeply, which brings real nerves before you compete. This is your biggest opportunity. With a routine to lean on, that energy becomes sharpness instead of worry.

Motivation & Identity

6/7

A powerful, self-fuelled drive and a deep identity as an athlete. This is your standout strength. The growth note is widening the base it sits on, not adding more fuel (see Unlock 3).

THE DEEP DIVE

How you're wired

These are dispositional traits. There's no "good" or "bad" end. Where you sit simply tells you and your coach how you work best. Two athletes can succeed from opposite ends of every one of these.

Self-Management

Needs direction ————— Self-starting

You can set your own goals and get yourself moving, and you also do your best work when there's a clear plan and someone checking in. Neither end is better. Knowing this about yourself means you can ask for the structure that brings out your best.

Motivational Drive

Relaxed ————— High drive

You take on hard challenges and enjoy chasing them down. Most of the fuel comes from inside, from your own standards and love of improving, and that is the most durable kind of drive there is.

Team Orientation

Very independent ————— Very team-oriented

You fit a team well, you're easy to coach, and you draw energy from the people around you. You'll lean on the group for support, a strength as long as you can also stand on your own read of a situation.

Comfort With Conflict

Avoids conflict ————— Thrives in conflict

You handle a normal amount of friction comfortably, without going looking for it. Gradually stretching this, staying composed and saying the hard thing when it matters, builds a useful competitive edge.

Social Orientation

Reserved ————— Outgoing

Warm, enthusiastic and quick to build relationships. People feel comfortable around you, and that's quiet leadership, the kind that lifts a training environment without needing a title.

Approach to Learning

Learns essentials ————— Deep analyst

You like to understand the reasoning behind a change, and once the 'why' makes sense you commit to it properly. Ask for the explanation. You learn faster with it than without it.

Your attitudes on a 3-point scale

These four sit on their own 3-point scale and most have no right answer. They're about orientation, not ability.

Defining Success

no good/bad direction

Personal growth —●●●— Winning

You measure success with both scoreboards, the result and your own improvement. That balance is genuinely useful: it keeps you hungry on the good days and steady on the days the result doesn't come.

Sportsmanship

higher usually favourable (nuanced)

Pragmatic —●●●— Principled

You respect the rules and your opponents and you aim to be gracious whatever the result. That's a real strength and a leadership quality. Let it become part of your reputation.

Athletic Identity

*higher = more desirable**

Broad self-concept —●●●— Sport = who I am

Being an athlete is central to who you are, which is fantastic for commitment and drive. The growth move is widening that picture a little, so a tough loss or a setback doesn't shake your whole sense of self.

Athletes in Society

no good/bad direction

Feels undervalued —●●●— Feels respected

You feel athletes get a reasonable amount of respect from others. There's no right answer here. It's simply a lens worth knowing you carry, because it colours how outside opinions land.

** Athletic Identity is the one with a clear direction: a strong identity is an asset, and broadening it beyond sport builds resilience without costing you any drive.*

PART ONE

Your superpowers

These are working for you already. Know them, use them, build on them.

1

Drive that fuels itself

Your motivation doesn't depend on anyone else topping it up. You love getting better at your craft, you hold your own standards, and that internal engine is exactly what carries athletes through the long, unglamorous stretches of training that decide careers.

TRY THIS

Set one standard this week that no coach gave you, and chase it purely for its own sake. Let your commitment show in what you do when no one's watching.

2

You lift the room

You're warm, enthusiastic and quick to build relationships, and you draw energy from the people around you. Teams run on athletes like this. You make training environments better just by how you show up, and that's a form of leadership long before anyone hands you a title.

TRY THIS

Be the one who welcomes the newest member of the group and makes them feel part of things. Your energy is contagious, so spend it on purpose.

3

Character you can build on

You compete to win and you do it the right way: respecting the rules, respecting your opponents, and taking coaching well. Add your curiosity about the 'why' behind what you're asked to do, and you're the kind of athlete a coach can genuinely build around.

TRY THIS

Keep being the example others follow after the final whistle. Show that you can compete ferociously and stay classy, both, every time.

Your unlocks

Worked on consistently, these would lift your performance the most. They're skills. They grow with practice.

UNLOCK 1

A pre-competition routine to turn nerves into sharpness

You feel real nerves before you compete, the natural cost of caring as much as you do. Right now there's no set routine to lean on, and that's good news, because a routine is one of the most learnable skills in sport. A few familiar steps, done the same way every time, give your mind something steady to hold onto so the energy works for you instead of against you.

FIRST STEP *Build a simple, fixed pre-competition sequence and run it the same way before every session this week: same order, same cues, every time.*

UNLOCK 2

Take the useful bit, let the rest go

Setbacks and criticism can stay with you longer than they need to, and under pressure your attention can drift to things outside your control. The most reliable athletes train a simple sorting habit: extract the one useful lesson from a knock, act on it, and consciously release the rest, bringing attention back to effort, execution and the next action.

FIRST STEP *Pick a reset cue, one breath or one word, for the moment something rattles you, and practise it in training so it's automatic on the day it counts.*

UNLOCK 3

Widen the base your drive stands on

Being an athlete is close to the centre of who you are, and that fuels your commitment. It also concentrates a lot of your self-worth in one place, which means a poor result or a disrupted season can hit harder than it should. In our experience, athletes who broaden their sense of self don't lose their edge. They get more durable, and often break through.

FIRST STEP *Name three things you value about yourself outside your sport, and revisit them after a tough day. They're still true.*

YOUR PLAN

The next 90 days

Small, consistent reps win. Here's where to point them. Start at the top and let it build.

FIRST 30 DAYS

Build the routine

- Create a fixed pre-competition sequence and run it the same way every session.
- Choose your reset cue, one breath or one word, and rehearse it until it's automatic.
- Start a 30-second post-session note: one thing you did well today.

DAYS 30 TO 60

Make it hold under pressure

- Use the routine and reset cue in a real competition, then review how they held up.
- After your next setback, write down the one useful lesson, then deliberately close the book on the rest.
- Name three parts of who you are beyond your sport; revisit them after a tough day.

DAYS 60 TO 90

Lead with it

- Use your energy to mentor a teammate through a pressure moment.
- Agree one stretch goal with your coach that you own and drive yourself.
- Review this profile with your coach: what's shifted, what's next.

BUILT FOR YOU

Your pre-competition routine

Tuned to how you compete. Screenshot this and make it yours.

1

Run your fixed sequence

Arrive and start the same set of steps every time. Familiarity is what settles the nerves. The routine is your anchor, so don't skip it on the big days especially.

2

Breathe and picture it going well

Slow your breathing and run a short mental rehearsal of a strong performance. It steadies the body and quietly builds belief at the same time.

3

One controllable focus

Pick a single thing that's yours to control, your effort or one technical cue, not the result. Measure yourself on that, and the pressure gets lighter.

4

Spend your energy on purpose

Your enthusiasm is fuel, but pre-competition buzz can scatter it. Take two quiet minutes, recall one thing you did well last time, and point yourself forward.

Built to last the distance

Everything so far has been about this season. This page zooms out to the whole career: what keeps a wholehearted, high-energy competitor performing, and enjoying it, across years rather than one campaign.

STRENGTH · MOTIVATION THAT LASTS

Your engine runs on its own fuel

Most of your drive comes from inside, from your own standards and a genuine love of getting better. That is the most durable fuel in sport: athletes who rely on outside recognition fade when it goes quiet, while self-fuelled drive keeps burning through the seasons nobody is watching. You already measure success with both scoreboards, the result and your own progress, which protects the engine on the years the wins are harder to find.

PROTECT IT *Keep a running log of skills mastered and personal bests, not just results. Over the years, that log is the proof you're still climbing, whatever the scoreboard says.*

STRENGTH · PEOPLE AS FUEL

Connection will carry you through the flat patches

You draw real energy from the people around you, and you give it back. Across a long career that matters more than almost anything: the flat stretches, the form dips and the seasons that don't go to plan, are exactly when connected athletes stay in the sport and isolated ones drift out. Your instinct to invest in people is a longevity asset, not just a social one.

PROTECT IT *Protect one or two training relationships that are about more than training. When a flat patch comes, those are the people who keep the sport feeling worth it.*

STRENGTH · CHARACTER THAT COMPOUNDS

Playing it right builds a career, not just a season

You compete hard and you compete fair, and you take coaching well. Over years, that combination compounds quietly: coaches invest more in athletes they trust, teammates want you around longer, and doors keep opening well after raw results alone would have stopped opening them. Reputation is a long-game asset, and yours is already pointed the right way.

PROTECT IT *Keep taking the hard feedback with the same grace you show opponents. The athletes who last are the ones people keep choosing to work with.*

ONE TO WATCH · A WIDER SENSE OF SELF

All-in is a strength now, and the thing to watch later

Being an athlete sits close to the centre of who you are, and that fuels the commitment everyone can see. Across a whole career it is also the single biggest thing to protect: when sport is most of your identity, a lost selection, a rough season or a change in your path can shake your entire sense of self. Widening who you are away from sport costs you no drive. It is what lets you ride out the rough patches and come back steady.

PROTECT IT *Invest in one or two things you value away from sport, and let them genuinely matter. They're insurance for the seasons sport can't carry you.*

PART THREE

Coach me like this

The fastest way to turn this profile into better performance is a sharper conversation with your coach. Here are three worth starting, in your own words.

CONVERSATION 01

Use my energy and give it a job

Your drive and warmth lift the people around you, so point them at something specific.

SAY THIS

"I've got energy to give, so use it. Give me a job that helps the group: welcoming someone new, or setting the tone in a tough session."

CONVERSATION 02

Help me build a routine for the big moments

You feel real nerves before you compete, and asking for help with them is a strength.

SAY THIS

"I get nervous before I compete and I haven't got a routine to lean on. Can you help me build a simple one, and hold me to running it every time?"

CONVERSATION 03

Give me the why, and finish on a win

You commit faster when you understand the 'why', and a knock can stay with you.

SAY THIS

"Walk me through the 'why' when you change something. I buy in faster when it makes sense. And on rough days, can we finish on one thing I did well?"

FOR YOUR COACH: HOW TO GET THE BEST FROM THIS ATHLETE

Give the energy a job that serves the group; help build a fixed pre-competition routine for the nerves; explain the 'why' behind changes; and close tough sessions on one named win.

Talent UNLOCKED

Your edge is yours to sharpen.

This profile is a snapshot of how you're showing up right now, not a verdict, and not fixed. Lean into your superpowers, take small steps on your unlocks, and talk through the parts that matter most with your coach or someone you trust. The work is yours. So is the upside.

Stronger Minds. Stronger Athletes.

Built on the SportsPOP™ instrument (Selection Testing Consultants International / Self Management Group). The six-mental-skills mapping, 1 to 7 interpretive layer and recommendations are Talent Unlocked's own model. Personality is one part of performance, not all of it. This document is an illustrative sample profile prepared to demonstrate the report format. It does not describe a real athlete. © Talent Unlocked.