



Cycling Psych Profile

For each statement below, choose the answer that most closely matches how you feel.
 1=Never 2=Rarely 3=Sometimes 4=Usually 5=Always



CYCLE HANDOUT

1. ___ I have written long and short-term goals.
2. ___ I want to train.
3. ___ I accept that training and racing can be hard work.
4. ___ I "get up" easily for training and racing.
5. ___ I can picture success.
6. ___ I am able to concentrate on my training.
7. ___ Before races, I'm able to erase self-doubt.
8. ___ I expect I will achieve most of my goals.
9. ___ I am enthusiastic about racing.
10. ___ I am prepared for my training and racing.
11. ___ I can work through physical discomfort to achieve my goals.
12. ___ I sometimes flow, or feel "at one," with my bike.
13. ___ I can see myself handling tough situations.
14. ___ I stay focused during long races.
15. ___ I've a pretty good understanding of my strengths and weaknesses.
16. ___ I understand why I want to train and race.
17. ___ I have a pretty good understanding of my abilities.
18. ___ I make physical discomfort sacrifices to attain my goals.
19. ___ I can relax easily before races.
20. ___ I can let negative images float away.
21. ___ I can concentrate on breathing or pedal stroke to stay focused.
22. ___ I have a plan for improving my fitness, skills, and psychological profile.
23. ___ I am motivated to succeed.
24. ___ I am confident that I can do better; do well.
25. ___ Although I am aware when I hurt, I am able to focus elsewhere.
26. ___ I can change my energy level when needed.
27. ___ I can make negative images and thoughts fade and grow smaller.
28. ___ I concentrate well when training or racing is tough.
29. ___ I monitor my performance and keep a training log.
30. ___ I hang tough in training and races for reasons I have previously thought about.
31. ___ Poor performance is an opportunity for improvement; I know I can.
32. ___ I can tolerate suffering in races.
33. ___ I can redirect negative energy, or being "psyched out."
34. ___ I mentally visualize training and race situations.
35. ___ I can tune out distractions easily.

Add up the answer numbers to the following questions to get a total for each of seven areas:

- | | | |
|-------------------|-----------|-----------------|
| 1, 8, 15, 22, 29 | Total ___ | Goal Setting |
| 2, 9, 16, 23, 30 | Total ___ | Motivation |
| 3, 10, 17, 24, 31 | Total ___ | Confidence |
| 4, 11, 18, 25, 32 | Total ___ | Pain Management |
| 5, 12, 19, 26, 33 | Total ___ | Arousal |
| 6, 13, 20, 27, 34 | Total ___ | Mental Imagery |
| 7, 14, 21, 28, 35 | Total ___ | Focus |

An approximate rating of your psychological profile for the seven areas is:

- | | |
|-------------|-----------------------------------|
| Total 21-25 | Not a problem |
| Total 16-20 | Pretty good |
| Total 11-15 | Average or below |
| Total 6-10 | Problem area, limiter, needs work |

