

BASEBALL'S 6TH TOOL – The Self-Evaluation (Additional Questions to Ask)

- 1) Are your goals realistic? Have you set them high enough to motivate you, or have you set them within your comfort zone so as not to feel pressure? Ask yourself, “Have I set realistic goals, or were they too high or too low?”
- 2) Are you flexible with your goals? As circumstances change, are you open to revisiting and adapting them as needed?
- 3) As you approach your goals, do you reset them before you accomplish them? Once you near a goal, the tendency is to back off and lose momentum rather than to reset them at a higher level. This is especially true when you’ve played below your belief, you’ve gotten hot and are approaching your comfort zone. This prevents you from breaking out on the topside.
- 4) What thoughts, self-talk, or beliefs do you have that may be self-limiting?
- 5) Have you been told by coaches that you need to correct a behavior or do something differently, yet you believe you are fine just the way you are? Maybe you’ve heard you’re negative, not attacking the strike zone, need to be more of a leader, etc. What are some things coaches have told you in the past that you might have resisted? Revisit them now in your mind.
- 6) What off-field behaviors may affect your on-field performance? Do you get enough rest at night? Has anyone ever suggested you drink too much? Maybe party too hard? Have poor eating habits? Do you fret about things you can’t control? Are you negative in your home setting?
- 7) What type of people do you hang around with? Are they supportive and heading in the same direction as you are? Do they encourage positive behaviors that will further your career?
- 8) Have you placed extra stress on yourself because you feel you need to live up to expectations? How about stressing because you are draft eligible or trying to make the team?