



## IDP form

The **Sport Psych FC High Performance Mindset (HPM) IDP** is a personal individual development plan designed to help athletes improve their HPM on their own. If you follow the steps below you will improve one or all of the M.E.N.T.A.L. areas we talk about on our site.

If you have any questions or want to work 1-on-1 with one of our performance psychology experts visit the 1-on-1 packages area or email us at [SportPsychFC@gmail.com](mailto:SportPsychFC@gmail.com)

Enjoy the process.

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***Before you start the process below, make sure you have completed this IDP checklist:***

***#1 - Have you read our "M.E.N.T.A.L. High Performance Mindset" section on the website?***

***#2 - Have you completed "Step #1" on that page?***

***#3 – Do you know where you would like to start your HPM – IDP journey based on "STEP #1"?***

- "M.E.N.T.A.L." Online Modules" section

OR

- "1-on-1 packages"

***If you have all of these things completed then its time to get after IT!!***

***The Mental skill (s) I want to improve are***

1. \_\_\_\_\_
2. \_\_\_\_\_

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### ***Step #1 – Goal setting and purpose***

Once you determine what mental skill you want to improve next it's time to set some goals. There are some simple but effective ways to set goals that we walk through in the Purpose & Motivation module but basically, we like to have athletes:

1. ***Set 2 outcome goals (you might have these already)***
  - a. Set one long term outcome goal like make a college team, pro team etc...
  - b. Set one or two short term outcome goals like be more consistent at this particular mental skill in trainings and matches and become a consistent starter.
2. ***Set two performance goals relative to the skill – performance goals are goals that can be measured on a daily or weekly basis (These are embedded in each module as well)***

- a. EX: I want to be more positive with my self talk by saying 3 positive things of myself each day in training
- b. EX: I want to catch and manage my body language in trainings a minmum of 5 times in trainings this week.

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### ***Step #2 – Watch the modules or work with our staff***

If you are here then you have started the process...so...

1. Watch the modules and pause them as you like.
2. Take notes on your phone or on this sheet as you move forward
3. Involve a trust parent or coach or teammate!!!

### ***Step #3 - Apply IT***

This section will be guided by the activities and worksheets in each module.

We strongly encourage athletes to have a partner in this process – a parent, a coach, a sibling and sometimes a teammate – although that teammate has to reeeeeeally want you to succeed and be on your long-term goals team.

Use the worksheet to write on and track in time.

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### ***Step #4 – Goals review and reset as needed***

After about 4-6 weeks we strongly recommend that the athletes steps back and takes stock of where they have improved.

This is important as improving mental skills isn't exactly the same as lets say strength training where you can see the gains.

But, if you step back, look at your notes, talk with your trusted partner you will see where you are doing well and where you are falling short – this is a good and important step.

***Where are you in the process*** \_\_\_\_\_

\_\_\_\_\_

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### ***Step #5 – What is next?***

1. Reset goals relative to this or another mental skill?
2. Revisit SportPsychFC.com and the supplemental modules?
3. Work 1 on 1 with one of our specialists?

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Whatever you do – enjoy the process and email us at SportPsychFC @gmail.com with any questions you might have about being your best self!!!!