

## EVALUATE:

1. Doubts | fear | anxiety spoil my game.  Y  N
2. I find it difficult to not do over-analysis.  Y  N
3. Very few performances are super performances.  Y  N
4. Progress & growth are very slow.  Y  N
5. It takes me a lot of time to bounce back from low performances.  Y  N
6. Listening to many inputs, results in confusion.  Y  N
7. I can not challenge every player in my category.  Y  N

Out of 7, if 4 or more answers are Yes then seek assistance from LEVEL NEXT GAME.