

Psychobiosocial State Scale for Athletes (PBSS-A)

Athlete's Name: _____

Today's Date: _____

Athlete's Date of Birth: _____

Phone #: _____

Form Completed by: _____

Relation to Athlete: _____

Assess your Mental Skill Set with the below survey. Please read the below descriptions and rate yourself (or the person being assessed). Rate yourself on each skill using the following scale:

1 = Needs Improvement (Rarely applies to me)

2 = Moderate (Sometimes applies to me)

3 = Strong (Consistently applies to me)

Psychological Factors				
<i>Internal mindset and mental strategies for peak performance.</i>				
Skill Set	Description	1	2	3
Growth Mindset	I believe my mental skills and physical abilities can be developed through effort.	☐	☐	☐
Self-Concept Clarity	I have a well-defined sense of who I am, which helps guide my values and behaviors.	☐	☐	☐
Values-Driven Action	I align my daily actions with my core values, which provide me clear purpose and intrinsic motivation.	☐	☐	☐
Process Oriented Goals	I focus on daily goals that align with my personal values and behaviors.	☐	☐	☐
Grit & Resilience	I quickly bounce back from setbacks and stay committed to my long-term goals.	☐	☐	☐
Focus & Attentional Control	I can effectively block out distractions and maintain focus under pressure.	☐	☐	☐
Mindfulness & Present Awareness	I routinely stay in the present moment with awareness and accepting of my thoughts, feelings, sensations, and environment.	☐	☐	☐
Emotional Regulation	I have strategies to manage my emotions during high pressure situations.	☐	☐	☐
Mental Toughness in Competitive Environments	I perform well under pressure and adapt to challenges.	☐	☐	☐
Intrinsic Enjoyment & Passion	I am free to enjoy what I do and feel internally motivated to improve.	☐	☐	☐
Psychological Factors Total (PFT):				

Biological Factors				
<i>Body-mind connection and physiological readiness for peak performance.</i>				
Skill Set	Description	1	2	3
Autonomic Nervous System Regulation	I regularly use breathing exercises and other relaxation techniques to manage my stress and enhance my performance.	☐	☐	☐
Sleep Optimization	I average 7+ hours of sleep a night to enhance recovery and mental clarity.	☐	☐	☐
Nutrition & Energy Management	I properly fuel my body to sustain focus and performance.	☐	☐	☐
Movement & Physical Readiness	I daily engage in exercises that support my mental and physical performance.	☐	☐	☐
Pre-Performance Routine	I have pre-performance rituals to optimize mental and physical readiness.	☐	☐	☐
		Biological Factors Total (BFT):		
Social Factors				
<i>Relationships and support systems that impact peak performance.</i>				
Skill Set	Description	1	2	3
Supportive Social Network	I surround myself with people who support my personal development, values and goals.	☐	☐	☐
Secure Belonging to Community	I have a strong sense of belonging with my teammates and coaches.	☐	☐	☐
Team Cohesion & Communication	I work well with others and communicate effectively in high-pressure situations.	☐	☐	☐
Coachability & Feedback Acceptance	I welcome feedback and use it constructively for my improvement.	☐	☐	☐
Leadership & Influence	I encourage and positively influence those around me.	☐	☐	☐
		Social Factors Total (SFT):		

___ PFT + ___ BFT + ___ SFT = ___ Grand Total: ___

Scoring & Reflection:

45 + Points → *Elite mindset!* You consistently apply top mental performance skills.

35-44 Points → *Strong foundation!* Identify areas to refine for even greater performance.

0-34 Points → *Growth opportunity!* Focus on building key skills to elevate your game.



Dr. Geoff Weckel

Phone: 682-472-4925

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