

What Makes An Athlete Successful?

Name _____ Date _____

Think about what it takes to be a successful athlete, then please rate the following items from 1 to 15 with 15 being the most important item and 1 being the least important.

- _____ Dedication and determination
- _____ Physical strength
- _____ Ability to concentrate
- _____ Flexibility
- _____ Good positive attitude
- _____ Athletic talent
- _____ Intelligence
- _____ Confidence
- _____ Competitive drive
- _____ Quickness and mobility
- _____ Good physical conditioning
- _____ Enjoyment of the sport (enthusiasm)
- _____ Ability to cooperate with others
- _____ Coordination and agility
- _____ Self-motivation