



CHAMPION'S MINDSET

ASSESSMENT TOOL

MEASURE WHAT DRIVES YOUR RESULTS



— ALEXANDER PELLEY —

SPEAKING AND COACHING

START HERE: Read the Pattern Behind the Score

FROM THE CHAMPION'S MINDSET

Your mindset shapes thoughts, emotions and actions. The purpose of assessment is not judgment; it is awareness. Honest evidence reveals which mental and behavioral systems need reinforcement.

Adapted from The Champion Mindset, Conclusion, pp. 297-299.

Dimension Decoder

Dimension	When strong	When underdeveloped
Clarity	Priorities and next actions are visible	Competing goals and indecision
Belief	Possibility and personal agency	Self-doubt and avoidance
Discipline	Promises become repeated action	Dependence on motivation
Focus	Attention stays with the priority	Distraction and unfinished work
Emotional Mastery	Feelings inform but do not control	Reactive decisions and rumination
Execution	Plans become measurable progress	Planning without completion

Look for the Bottleneck

Your lowest score is not always the only priority. Ask which dimension, if strengthened, would improve the greatest number of other areas.

Instructions

Rate each statement based on your behaviour during the past 30 days - not your intentions. Use a score from 1 to 5.

1 - Rarely

2 - Occasionally

3 - Sometimes

4 - Usually

5 - Consistently

Be truthful without being harsh. A lower score identifies leverage - it is not a label.

Clarity

Statement	1	2	3	4	5
I have a clear picture of the result I want.					
My priorities are easy to explain.					
I can identify the next important action.					
My goals include measurable outcomes.					
I regularly reconnect with my larger vision.					

Clarity score: _____ / 25

Belief

Statement	1	2	3	4	5
I believe meaningful change is possible for me.					
I speak to myself in a constructive way.					
I can act before I feel completely confident.					
I recover from doubt without abandoning the goal.					
I view challenges as opportunities to grow.					

Belief score: _____ / 25

Discipline

Statement	1	2	3	4	5
I keep important promises to myself.					
I follow through when motivation is low.					
My routines support my priorities.					
I protect time for high-value action.					
I avoid making one missed day a pattern.					

Discipline score: _____ / 25

Focus

Statement	1	2	3	4	5
I can work without constantly checking distractions.					
I know which activities create the most value.					
I finish important tasks before adding new ones.					
I set boundaries around my time and attention.					
I return quickly when my attention wanders.					

Focus score: _____ / 25

Emotional Mastery

Statement	1	2	3	4	5
I notice my emotions without letting them control every decision.					
I can calm my body under pressure.					
I replace unhelpful thought patterns deliberately.					
I respond rather than react.					
I can generate gratitude and possibility during difficulty.					

Emotional Mastery score: _____ / 25

Execution

Statement	1	2	3	4	5
I translate goals into scheduled actions.					
I measure progress consistently.					
I ask for help or accountability when needed.					
I learn from results and adjust quickly.					
I take action before conditions feel perfect.					

Execution score: _____ / 25

Scorecard and Interpretation

Dimension	Score / 25
Clarity	
Belief	
Discipline	
Focus	
Emotional Mastery	
Execution	

Total score: _____ / 150

126-150	Champion in motion - protect your systems and raise the standard deliberately.
101-125	Strong foundation - one or two dimensions can unlock your next level.
76-100	Inconsistent execution - simplify and strengthen daily systems.
30-75	Rebuilding phase - begin with small promises, support and repetition.

My strongest dimension	
My priority dimension	
One daily action for the next 30 days	
Person who will hold me accountable	

My 30-Day Mindset Prescription

Priority dimension	
Behavior I will practice	
Daily anchor for the behavior	
Two-minute minimum	
Environment change	
Support or accountability	
Weekly evidence I will collect	
Reward for consistency	

One Practice for Each Dimension

Dimension	Suggested practice	My choice
Clarity	Write one must-win action each morning	
Belief	Record one piece of capability evidence	
Discipline	Keep one tiny promise daily	
Focus	Use one distraction-free work block	
Emotional Mastery	Pause, breathe and name the feeling	
Execution	Finish or advance the priority before noon	

Retest and Prove the Change

Retake the assessment after 30 days. Improvement is not only a higher score; it is stronger evidence in your decisions, habits and results.

Dimension	Starting score	Day 30 score	Change	Evidence
Clarity				
Belief				
Discipline				
Focus				
Emotional Mastery				
Execution				

The most important change I noticed	
What created that change	
The practice I will continue	
My next development priority	
My next retest date	

Assessment note

This self-reflection tool is educational and is not a psychological or medical diagnostic instrument. Seek qualified professional support when appropriate.