

*Menu- mental skill*  
*Acknowledging your barriers*

# **Honest Self Appraisal – Barriers To Success Fears & Obstacles**

Are you interested in YOUR bowls success???

Are you prepared to do some self analysis so as to improve all skills of your bowls???

I am quite happy if you want to share your self analysis record though of more importance is your own motive to progress in all aspects of elite development.

Well now, if interested, respond to these 14 points below, and, be able to assure yourself / me / anyone who asks questions of you that are similar to these statements. Being honest to and with yourself in identifying the barriers for your success is half the battle.

What's the old saying - admitting you have a problem is the first step!

- On a scale of 1-10 with 10 being the top score, where do you rate your bowls talent?
- Use the same 1-10 scale and answer how hard do you work at your bowls skills in – season.
- I have / have not accessed coaching much because.
- The tactical skills I train at include.
- The mental skills I work at in training include.
- My singles game plan simply is.
- As a skip of a team, my simple game plan is.
- I get angry in bowls situations when.
- Pressure for me occurs when.

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In bowls contests, I am critical of.

- In bowls contests, I find difficulty dealing with.
- For my own bowls development, I need to improve on, or change.
- One major lesson I learned this past year is.
- My singular hurdle to overcome to be an elite bowler is.

**Lachlan Tighe, 2017**