

# What type of Athlete are you?

1. **Elite Athletes:** "I create my playing time."

Average Athletes: "Coach owes me playing time."

2. **Elite Athletes** play every possession like it is their last.

Average Athletes play not to lose.

3. **Elite Athletes** focus on opportunities.

Average Athletes focus on obstacles.

4. **Elite Athletes** admire other successful athletes.

Average Athletes resent successful athletes.

5. **Elite Athletes** take criticism.

Average Athletes get upset over criticism.

6. **Elite Athletes** focus on becoming a complete player.

Average Athletes focus on one facet of their game.

7. **Elite Athletes** are confident during any situation.

Average Athletes lack confidence in the clutch.

8. **Elite Athletes** demand perfection.

Average Athletes are okay with mediocrity.

9. **Elite Athletes** act in spite of fear.

Average Athletes let fear stop them.

10. **Elite Athletes** constantly learn and grow.

Average Athletes already know everything.