**Mental profile**

What do you need to improve?

 

Plans and routines

Self-image

Concentration

Goals

Nervousness

Attitude

How satisfied am I with my way of dealing with nervousness?

How satisfied am I with my way of managing emotions?

How satisfied am I with my way of managing planning and routines?

How satisfied am I with my self-image?

How satisfied am I with my goals?

How satisfied am I with my way of managing attitude?

Look at the picture! How will the wheel roll?

Which piece has the best leverage effect for the other pieces?