

Self-Assessment Worksheet

Success and Failure

1. Describe the last time that you felt you failed at something as a climber. This could be anything within climbing, including a big redpoint, a competition, or a bad day at the crag.

2. What is your attitude toward success? What does it mean to you? How do you define success? When selecting a route or boulder problem for redpoint, do you seek out problems that you are certain you can send or routes where you're not sure, or do you have a different approach? If thinking about success or failure influences your route selection, describe how.

3. Do you fear succeeding? Succeeding can mean you have to move on to another, potentially more difficult climb. Some climbers don't want the pressure to push on, so they just keep making failed attempts on the same project over and over.

4. Are you relaxed while on redpoint, or do you tense up and worry?

5. How fast can you memorize sequences?

6. Can you concentrate on and visualize sequences just before a redpoint burn?

7. Can you focus on the climbing and ignore distractions while you're on the rock?

8. Can you keep climbing once you're pumped?

Self-Assessment Worksheet

Examining Your History

1. What type of climb was it?

Steep _____ Vertical _____ Slabby _____ Combination _____

2. What was the type of rock?

3. What were the critical holds like?

4. Where was the crux on the climb?

5. What moves do you remember most and why?

6. On a scale of 1 to 10, how well protected was the climb? 1 = run out and not well protected 10 = a lace up

1 2 3 4 5 6 7 8 9 10

7. Did the protection affect your mental state?

8. How were you feeling physically that day? 1 = tired and not feeling well 10 = very well rested and feeling great

1 2 3 4 5 6 7 8 9 10

9. Did you get enough sleep the night before?

10. What was your training and climbing like the week before?

11. What did your warmup consist of that day? How many climbs and what grades?

12. How excited were you as you put on your shoes just prior to leaving the ground? 1 = completely relaxed 10 = on-edge, jittery, palms sweating, and hair standing on end

1 2 3 4 5 6 7 8 9 10

13. What was the weather like?

14. Who were you climbing with? What was it like to be climbing with that person? Were they a positive, negative, or neutral factor in your performance? Give an example if you can.