

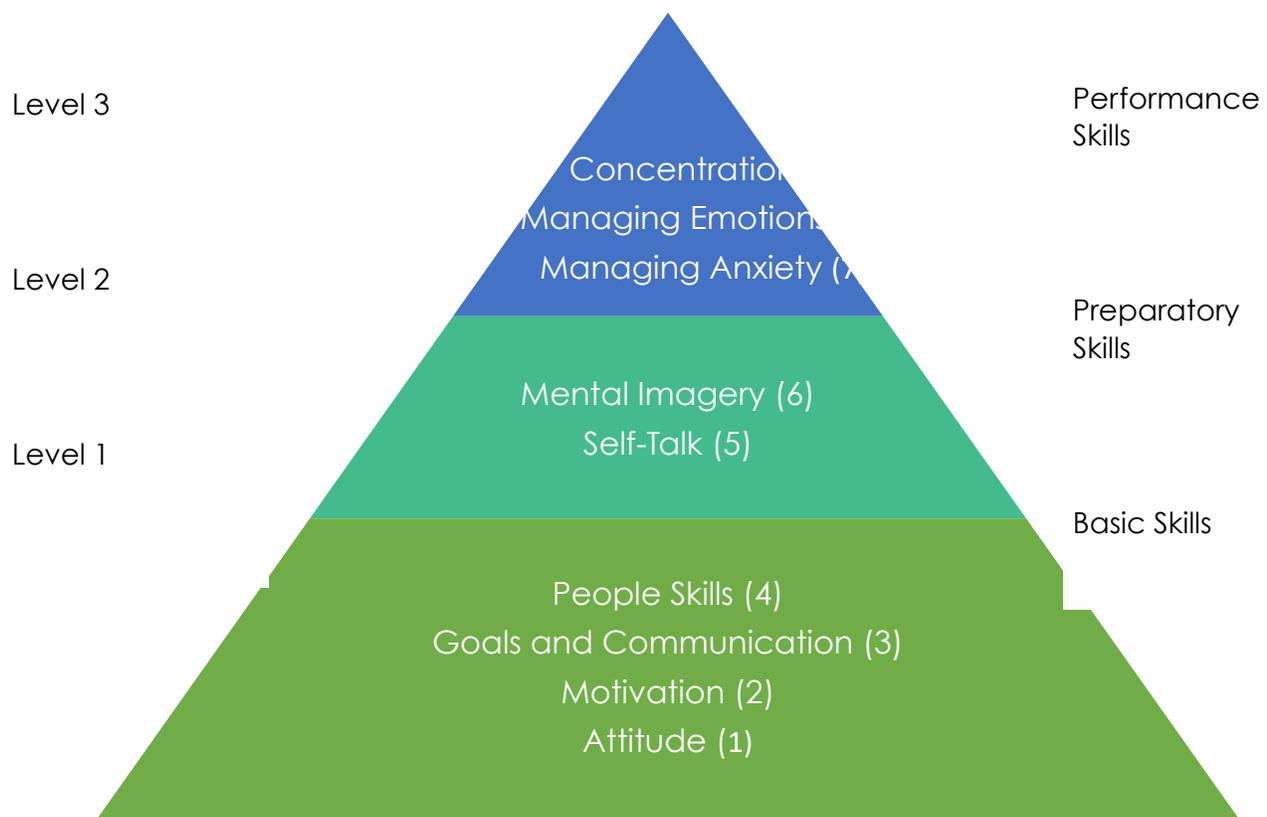
The Nine Essential Mental Skills For Successful Athletes:

Level 1: Mental skills for attaining long-term goals, basic learning, and maintaining daily practice. These skills are needed on a daily basis for long periods of time: months, years.

Level 2: Skills used immediately before performance or before a particular performance action in order to prepare for performance.

Level 3: Skills used during the actual performance.

The pyramid represented below embodies the relationship of the nine essential mental skills to another. The higher level skills are based on and incorporate the skills from the prior levels.



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Lesyk, D. (1998). The Nine Mental Skills of Successful Athletes <https://sportpsych.org>