Attribute Assessment

The First Key – Assess Your Personal Attributes

What are attributes? Attributes are strengths that attribute to or help make up who you are, sort of like a list of personal assets. In order for us to have a clear distinction of our capability, aptitude and indeed our potential, we need to consider what our strengths and weaknesses may be. Our attributes can be both psychological and physical in nature and can be naturally adopted skills and traits, or specifically learned and cultivated. I believe that all attributes can be improved to some degree. It would also appear that certain attributes are absolutely crucial, if not critical, for any marked success in most every field. When you have that critical combination of attributes necessary to succeed in our chosen field developed to a level outstanding to that of your competition, you increase your chances for success beyond what you would have ever believed possible!

Think about this and review in your mind what attributes you possess, and then list them in the Key Exercise on the page below.

Key Exercise # 1

List four of your personal psychological attributes, which you feel you are strong at, and four that you feel weak at or would like to improve. Examples: Focus, persistence, clarity, confidence, work ethic, assertiveness, etc...

Strong Needs Improvement

1._____ 1._____
2._____ 2._____
3._____ 3._____
4._____ 4._____

Now list two different methods you could use for continued development or improvement of each of these psychological attributes. Work to improve each of these to the best of your ability.

1._____2._____
1._____2._____
1._____2._____
1._____2._____
1._____2._____
1._____2._____
1._____2._____
1._____2._____

Now list four of your personal physical attributes, which you feel you are strong at and four that you feel you are weak at or would like to improve. Examples: balance, flexibility, strength, speed, timing, coordination, etc...

Strong Needs Improvement

1._____ 1._____
2._____ 2._____
3._____ 3._____
4._____ 4._____

Now list two different methods you could use for continued development or improvement of each of these physical attributes.

1._____2._____
1._____2._____
1._____2._____
1._____2._____
1._____2._____
1._____2._____
1._____2._____
1._____2._____

Work to improve each of these, as well, to the best of your ability.

Key Exercise # 2

Let's take this a step further. As I mentioned in the last Lesson, according to studies conducted at Harvard University, there are usually four or five **Critical Success Factors (CSF's)** In everything you do. These CSF's are things you must do in order to be successful in what you set out to accomplish. If you have a weakness in any one of your **Critical Success Factors**, it can bring all of your strong CSF's down dramatically. CSF's are more than just personal attributes, they are absolutely essential qualities or skills.

An example of an essential CSF in competitive **Muay Thai** is cardiovascular endurance. You may be a great striker, have amazing footwork and body control, and a powerful Mind Set, but if your cardio is weak...you're done!

List below the Critical Success Factors necessary to succeed in Muay Thai. Take a moment to reflect on the critical success factors in **Muay Thai** or any field you're challenged in. Identify them and rate yours from 1-5 as accurately and honestly as possible. **1-Poor, 2-Below Average, 3-Adequate, 4-Excellent, 5-Exceptional.**
You've identified these qualities in the top competitors in the sport. Now list them below.

Critical Success Factors In MUAY THAI

1) _____
2) _____
3) _____
4) _____
5) _____

"Fatigue makes cowards of us all." - Vince Lombardi

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How Can You Use This?

First you've identified what qualities the most outstanding people in Muay Thai possess that make them outstanding at what they do. Then, you wrote these qualities/attributes in the columns provided. Next, you reflected and took a moment to investigate **your** personal qualities and areas of necessary improvement, and CSF's with brutal honesty. Where do you stand? What areas must you improve in? You are now on the way to making some of the most important distinctions for improving your future successes in the sport you love, that you have ever made in your LIFE!

How is this crucial to your performance? Do your homework and see for yourself.

The more exceptional your personal CSF's, the greater your success will be in your GAME! These are the Building Blocks For Greatness that every great coach has kept as a secret weapon when developing great athletes!