

Role of Sports in Personality Development

A Free Self-Check Worksheet Based on the 5Cs Framework | PersonaGuru.in

Sports do not just build the body. They quietly train the mind. This worksheet helps you rate your own personality growth across the 5Cs of sports psychology, Commitment, Communication, Concentration, Control, and Confidence. Be honest. This is for you, not for anyone else.

Part 1: Rate Yourself on the 5Cs

Circle a number from 1 (needs work) to 5 (strong) for each area.

The 5C	What to Ask Yourself	Your Score (1-5)
Commitment	Do I stick to practice even when I do not feel like it?	1 2 3 4 5
Communication	Do I speak up clearly to my team or coach?	1 2 3 4 5
Concentration	Can I stay focused when things get tough?	1 2 3 4 5
Control	Do I stay calm when I am losing or under pressure?	1 2 3 4 5
Confidence	Do I trust my own ability after a mistake?	1 2 3 4 5

Part 2: Reflection Questions

1. Describe one match or game where you lost your temper. What would you do differently now?

2. Write about one moment sports taught you to keep going after failure.

3. Do you show more discipline in individual practice or in team settings? Why?

4. Name one personality trait sports have changed in you over the last year.

Part 3: One Small Action This Week

Pick your lowest score from Part 1. Write one small, specific action you will take this week to improve it.