

MY MENTAL COACHTM
S U C C E S S S T A R T S H E R E



ZETA 6
PEAK PERFORMANCE
MINDSET
ASSESSMENT REPORT

Participant H Varma | Age: 23 years

Assessment Wed Mar 19 2025 12:20:15 GMT+0530 (India Standard Time)

Report Date 2025-04-06



PREPARED EXCLUSIVELY FOR:

PARTICIPANT H Varma

AGE 23 years

EMAIL

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HOW TO READ THE REPORT

The Assessment Report is divided into two parts: Combined and Individual.

Combined Score denotes the current overall level of their Mindset.

The Individual Score denotes where the participant stands in each of the 6 factors, so a Mental and Performance Training Plan can be developed, based on the scoring.

WHAT IS A SCORE?

Your answers to the mindset assessment questionnaire that you filled out, provide an insight into your current state of mind. Based on your answers, a score gets generated for each factor that was evaluated.

Your score in any given section represents a percentile of the assessment in that section. For Distractions, Self Doubt and Fear of Failure, a lower score indicates a high level of competence while a high score indicates increasing improvement needs. For Motivation, Goals and Decision Making, a high score indicates a high level of competence in the area, while a lower score presents an opportunity for improvement.

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WHAT IS A BAND?

A band is a color code that represents your score in a given section. A score trending towards the green band indicates a high level of competence in the area, while a trend towards the red band presents an opportunity for improvement. A yellow band indicates a score between Red and Green.



WHAT IS A COMBINED SCORE?

A combined score represents your current overall Peak Performance Mindset performance. This includes the 6 factors in the assessment and also your recommended areas of improvement.

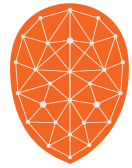
The lower the combined score, the more the opportunity for improvement in the 6 factors being assessed. The higher the combined score, the higher your overall mindset competence.

For E.g.: If the Combined Score is 30% - The Score is Low and in the Red Band and vice versa.

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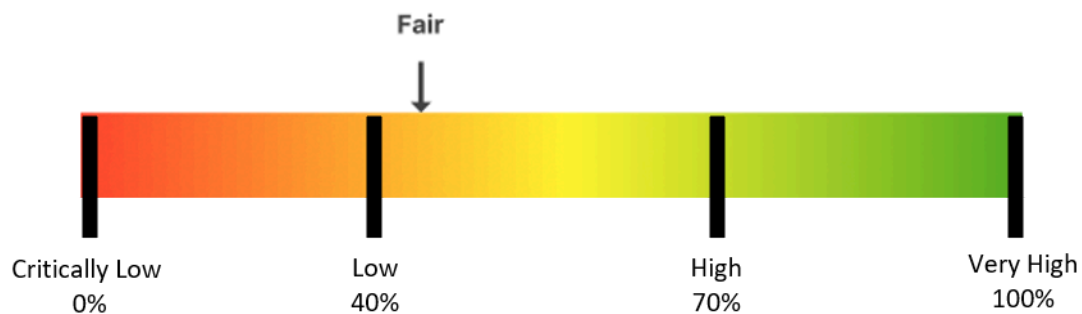
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WHAT IS AN INDIVIDUAL SCORE?

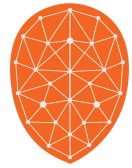
An individual score represents the current level of competence in the factor being evaluated. A higher score indicates a higher level of competence while a lower score presents a greater opportunity for improvement in the area.

For E.g.: If the Individual Score of Motivation is 70% - The Score is High and in the Green Band. Thus, the participant currently has a high Motivation about the direction they want to go.



WHAT IS A SCORE INTERPRETATION?

A score interpretation is a verbose description of your performance in the area being assessed and corresponds to your numerical score in that area.



INDIVIDUAL SCORES

SELF - DOUBT



Self-doubt is that little voice in your head whispering, *"What if I'm not good enough?"* It's something almost every young adult grapples with—whether it's in your career, education, relationships, or personal growth. While some level of self-reflection is healthy, **too much doubt can hold you back from taking action, making decisions, and reaching your full potential.** Research suggests that **imposter syndrome affects nearly 70% of people at some point in their lives**, with young adults being especially vulnerable as they

navigate new challenges and responsibilities. ([Source: International Journal of Behavioral Science](#))

When self-doubt takes over, it leads to **overthinking, hesitation, and missed opportunities.** You might find yourself procrastinating because you're afraid of failing, or constantly seeking validation before making a move. Studies show that **people who struggle with self-doubt are more likely to experience higher stress, lower confidence, and decreased performance in work and academics.** ([Source: American](#)

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Psychological Association) On the flip side, **too little self-doubt can make you overconfident, leading to risky decisions without proper evaluation.**

The key takeaway? **Self-doubt isn't the enemy—but letting it control you is.** The goal is to find a **balance**—enough self-awareness to keep improving, but not so much that it paralyzes you. **Building confidence through small wins, challenging negative thoughts, and focusing on effort rather than perfection can help you overcome self-doubt and step into your potential.** After all, growth happens when you trust yourself enough to take the next step—even if you're not 100% sure where it leads.

YOUR SELF-CONFIDENCE SCORE: 30.00%



SCORE INTERPRETATION

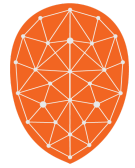
The athlete shows a **FAIR** level of confidence, which means that although the athlete has an inherent self belief in certain aspects of the game, there is a lack of confidence in key areas of the game.

This means that the athlete feels confidence about certain areas of their game while at the

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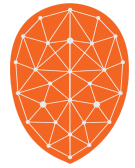
same time, gets affected by specific sporting situations, techniques changes or peer pressures leading to a feeling of lack of sense of control. The player might have faced repeated patterns of failures while playing matches, leading to increased pressure, overthinking and anxiety. It might also be that the player must be worried about results, or how to play at a higher level, because of which confidence might drop. If the player can identify and work on those areas, confidence can surely increase.

Confidence is multifactorial in nature and can easily shift from High to Low before, during and after matches. To ensure that the player can navigate the challenges at a higher competitive level, it is best to start developing processes and strategies to get back confidence, when things are not going their way in a game situation or whenever results don't go their way.

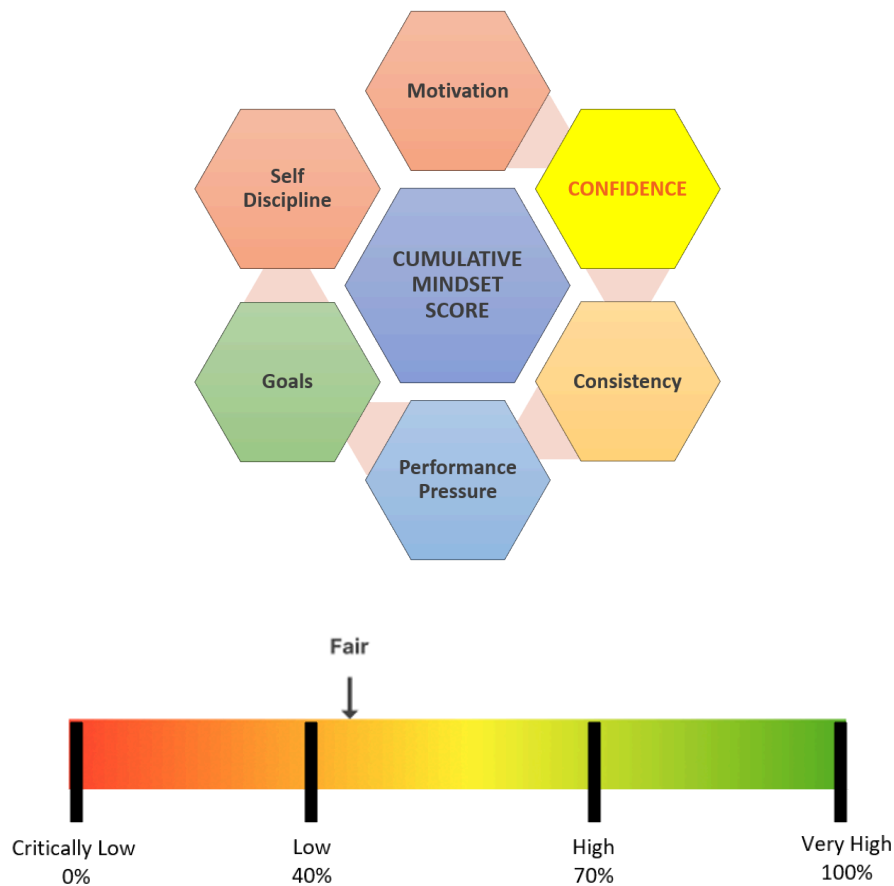
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SIMILARLY, ALL THE INDIVIDUAL SCORES OF THE PARTICIPANT GET CREATED



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COMBINED PEAK PERFORMANCE MINDSET SCORE

The combination of the above six factors gives us a combined peak performance mindset score.

The mind is complex and various external and internal factors, which are within or outside of our control, are dynamically and subconsciously affecting us and affecting our state of mind.

The critical point is to recognize what mental and peak performance skills, strategies, approaches and techniques you can learn and train yourself in, to be better at the factors you feel you want to work on. This will ultimately lead you to master your mental game and achieve peak performance in your work and in your life.

YOUR COMBINED 6 FACTOR ASSESSMENT SCORE: 76.88%



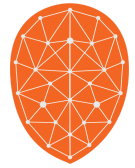
SCORE INTERPRETATION

Your Combined Peak Performance is HIGH, which means you are already performing well but still have room to sharpen your mindset, motivation, and decision-making. You may sometimes

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hesitate before making bold moves or worry about failure more than necessary, which can slow your progress.

To truly reach the elite level, refining your mental game is key. MyMentalCoach's performance training will equip you with cutting-edge strategies to optimize your thinking, develop unwavering confidence, and take decisive action. The best athletes and professionals work on their mindset—so should you.

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YOUR ASSESSMENT SUMMARY

Six Factors	Score	Band
MOTIVATION	50.00%	Fair
SELF CONFIDENCE	30.00%	Very Low
GOALS	45.00%	Fair
FEAR OF FAILURE	68.13%	Fairly High
CONSISTENCY	40.00%	Low
DISTRACTIONS	15.00%	Extremely Low
COMBINED SCORE	56.88%	Fair

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YOUR NEXT STEPS

At MyMentalCoach, we can help you develop these traits used by champion athletes to develop an Athlete-like Mindset to achieve Peak Performance.

No school or college will teach these skills. In today's AI World which is capturing everything in its wake, your Mind is the 'ONLY AI-IMMUNE SYSTEM' that can help you excel in this new challenging and unpredictable world. Developing Peak Performance Mental Skills is no longer an option. This is the most important investment you can make, to help you SUCCEED LIKE A CHAMPION.

You can connect to us for taking the next step. The Young Adults Peak Performance Program is a simplified, practical step by step 4 session plan, to develop right thinking, managing distractions, controlling negative emotions and making the right decisions.

Connect to us on Whatsapp by sending a message [NAME] [Young Adult Program] to : +919823791323 or email support@mymentalcoach.com and we will set up a call for a convenient time.

It's time to master your Mental Game!

Very truly,

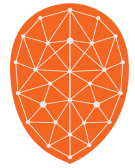
Dr. Swaroop Savanur

Founder and Chairman, MyMentalCoach

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ABOUT DR. SWAROOP SAVANUR



Dr. Swaroop Savanur, the Founder and Chairman of MyMentalCoach, is one of India's most experienced mental and performance coaches with over 2 decades of experience across various team and individual sports.

- *Olympic athletes including multiple medalists for Commonwealth and Asian Games*
- *Punjab Kings IPL team 2021, 2022*
- *Vidarbha Ranji Div 1 Cricket Team 3 years*
- *Lead Consultant, Army Sports Institute*
- *Indian Football Team, FIFA U17 World Cup*
- *BCCI's National Cricket Academy for India team High Performance Camps*
- *Director of Peak Performance, Vidarbha women's Cricket*
- *Board of Control for Cricket in India (BCCI)*
- *Elite and Budding Athletes for Mindset Mastery and Peak Performance Training for elite sports like cricket, tennis, golf, badminton and football.*
- *Entrance Exam participants for Mindset Mastery and Peak Performance in Exams*

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ABOUT MYMENTALCOACH

MyMentalCoach is the leading provider of mental conditioning and peak performance training for participants, athletes and professionals in India and abroad. We offer personalized, evidence-based training programs that are tailored to the individual's unique needs and goals. Our mission is to help individuals become the best version of themselves while they prepare themselves to achieve goals and succeed.

Every person can SUCCEED LIKE A CHAMPION with the right training and right guidance.

Through our specialized services, our ultimate goal is to help individuals and teams cultivate a winning mindset that will enable them to thrive both on and off the field, in the classroom, and in the workplace.

Develop Mindset Mastery the right way – Integrate Mindset and Peak Performance Training into a participant's daily routine to get the success that the participant deserves! Mental Training is not Counseling, it is TRAINING – Training the mind like an Elite Athlete for Peak Performance!

Dr Swaroop Savanur
Mental Conditioning and Peak Performance Coach
Founder - MyMentalCoach
www.mymentalcoach.com
Success starts here

Call / Whatsapp: Shweta :+91 9823791323 for next steps

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