

## STARTT Pitching 3-D Motivation Assessment

**Purpose:** Honest assessment of your personal desire, determination, destiny and to identify challenges to reaching your max potential.

**Answer the next 7 questions as honestly and completely as possible.**

1. What is the highest level of baseball you want to pitch at?
2. What will be your biggest challenge to reaching that level?
3. What will it take for you to overcome that challenge?
4. How will it make you feel when you overcome that challenge?
5. How will it make you feel to be a dominating pitcher at the highest level?
6. Are you doing what you need to do every day to pitch at that highest level?
7. Do you need specific help right now to someday pitch at that highest level?

The answers to these 7 questions are foundation of your desire and motivation. Without both the desire and motivation to be great you will never stay committed to the emotional, mental and physical preparation and practice habits that it takes to pitch with extreme confidence.

You're the only one who can answer these questions. Everything you do has to come from your personal desire to reach your max potential.

Do you believe in yourself?