

MENTAL PERFORMANCE PROFILE

SAMPLE-001

PROFILE TYPE

Baseline

PROFILE DATE

May 1, 2026

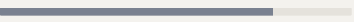
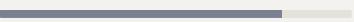



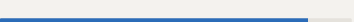
INSTRUMENT

MPI · pre-v5

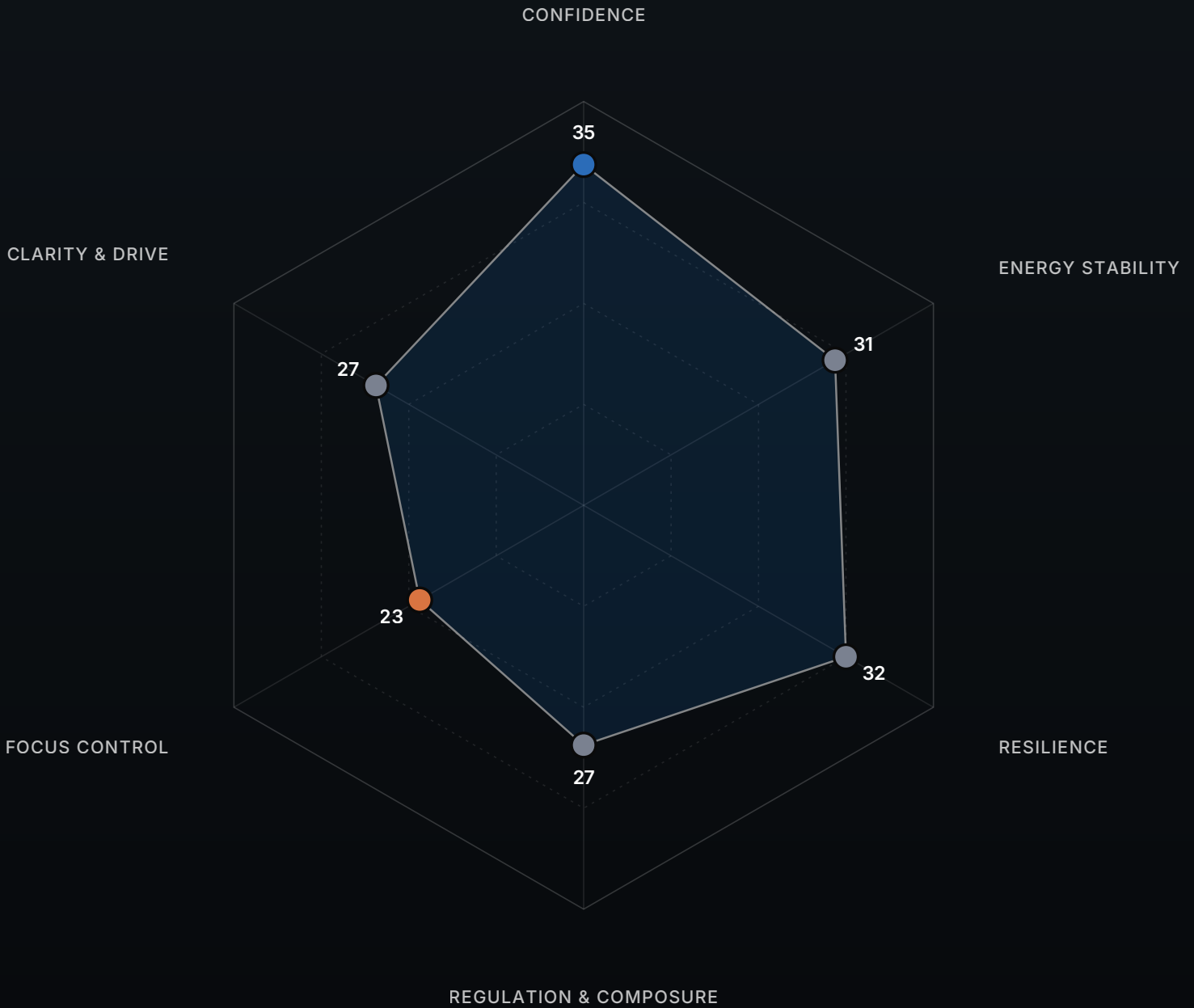
Profile Overview

PARTICIPANT	SAMPLE-001
PROFILE TYPE	Baseline
PROFILE DATE	May 1, 2026
INSTRUMENT	Mental Performance Index (MPI), pre-v5
PILLAR COVERAGE	6 pillars, 48 items

PILLAR SCORES

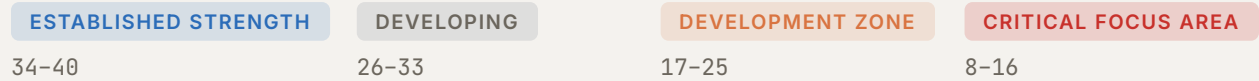
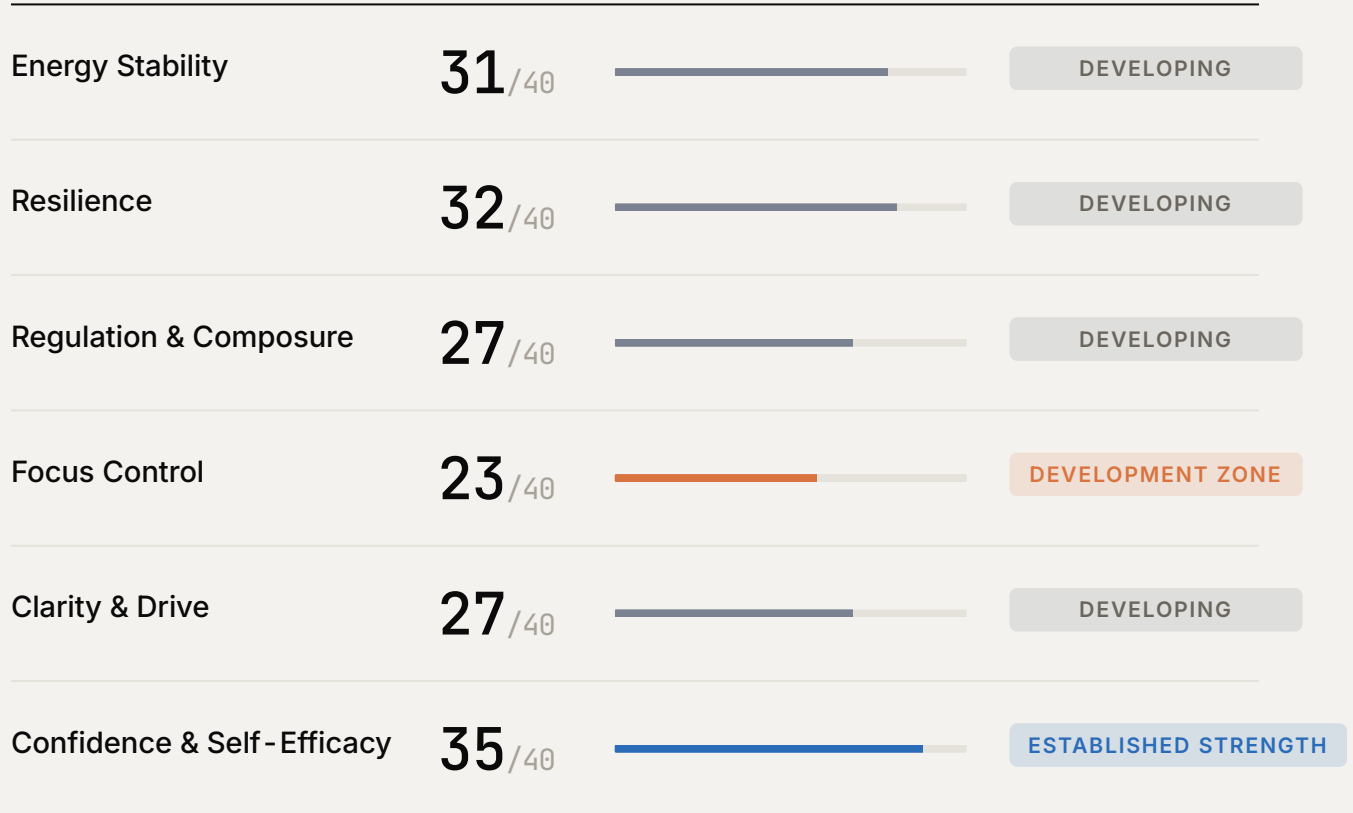
Energy Stability	31/40		DEVELOPING
Resilience	32/40		DEVELOPING
Regulation & Composure	27/40		DEVELOPING
Focus Control	23/40		DEVELOPMENT ZONE
Clarity & Drive	27/40		DEVELOPING
Confidence & Self-Efficacy	35/40		ESTABLISHED STRENGTH

Performance Snapshot



Confidence sits at the top of the profile at 35/40, Established Strength. Focus Control sits at the bottom at 23/40, the only pillar in Development Zone. The remaining four pillars cluster in the Developing band. The shape shows a stable belief layer paired with an execution layer that is not delivering at the same level.

Pillar Scores at a Glance



How to Read This Profile

This profile is a working document, not a one-time read.

The first read orients. Section 4 (Diagnostic Summary) names the central pattern. Section 5 (Anchor Strength) names what the development plan operates from. Sections 6 through 8 develop the analytical detail. Section 9 prescribes the work. Section 10 names what progress looks like.

The work then begins. Sections 9 and 10 become the active references. Section 9 specifies what to practice and how. Section 10 specifies what to watch for as evidence the work is taking hold.

Revisit the full profile at predictable intervals. Reassessment with the MPI is recommended at 6-month intervals. Item-level changes between profiles are the most informative signal. Pillar-level scores can shift without the underlying mechanism changing.

Section 8 (Risk Patterns to Monitor) is forward-looking. Return to it if performance signals start matching the patterns described, even if reassessment is not yet due.

The profile is descriptive of patterns at one point in time. The patterns shift as the work changes them. This document captures the starting point.

THE THESIS

Belief - execution gap.

The main performance pattern the rest of the profile is built around. The pillar-by-pillar reads, the cross-pillar dynamics, and the development plan all trace back to what this section names. Read here first.

Diagnostic Summary

This profile shows a belief - execution gap. Confidence is structurally strong and internally sourced. The execution layer that turns belief into output is not.

Confidence sits at 35/40, Established Strength. The participant believes they can perform at the level their goals require. That belief holds under pressure. It holds across extended periods when results are not going well. It does not depend on outside validation.

Focus Control sits at 23/40, Development Zone. The participant takes on stake and effort consistent with their belief. The work the belief commits them to is not getting delivered consistently. The bottleneck sits at the participant's ability to release internal thoughts on demand when the situation requires focus.

In performance terms, the consequence is output that does not match the belief or the effort applied. The participant believes they can perform the work. The participant puts in the effort the work requires. The internal thoughts that fire under pressure or difficulty interrupt the execution. Results come back inconsistent in a way the belief and effort do not predict.

The same pattern shows up across other pillars. Overthinking under pressure in Regulation & Composure. Attention residue after difficult moments in Resilience. Inability to mentally switch off during rest in Energy Stability. Pulling away from important work when it gets hard in Clarity & Drive. Different symptoms across different contexts. The same underlying issue.

Confidence is the anchor the development plan operates from. The primary priority is Focus Control, specifically the release of internal thoughts on demand under pressure or difficulty. The work uses existing belief to build the missing capacity.

THE LEVER

The strength that operates the work.

The existing strength the development plan runs on. Not the highest score, but the one that gives the plan something to operate from. The development priority gets worked through this strength, not around it.

Anchor Strength

The primary anchor is Confidence at 35/40, Established Strength.

Four items in the pillar score at the top of the scale. Confidence is internally sourced and does not depend on outside validation. Pressure does not cause doubt about capability. Belief stays high during extended periods when results are not going well. The participant knows the specific actions that build their confidence in high-stakes moments.

The lowest item in the pillar still sits at 3/5. Every sub-construct is above the bottom of the response range.

Confidence is functioning as a stable, internal, persistent foundation. The work that the development plan requires generates discomfort that could feel like a loss of capability. The participant has to sit with internal thoughts they currently engage with. The work asks them to let those thoughts pass without acting on them. This feels harder before it feels easier.

Confidence is what allows the participant to engage and sustain that work. Sustained belief during difficulty carries them through the early weeks. Knowing what builds their confidence gives them a framework to apply it in a different domain.

The work operates from belief that is already in place.

The secondary anchor is Resilience attribution-stability. Two items in the pillar score at 5/5. Setbacks are treated as information rather than evidence of incapacity. Causes of setbacks are seen as something that can change, not as something fixed.

This is the stance the primary work requires. The participant has to relate to thoughts the way they already relate to setbacks. The same operation. Different content.

The skill of stepping back from setbacks already exists. The work is applying that same skill to internal thoughts.

Confidence keeps the participant practicing through the early discomfort. This is where Resilience does the work. Treating setbacks as information becomes treating thoughts as information. Both are required.

Pillar-by-Pillar Read

Confidence & Self-Efficacy

35/40

ESTABLISHED STRENGTH

Internally sourced	5/5	
Stability under pressure	5/5	
Stability across sustained difficulty	5/5	
Confidence metacognition	5/5	
Capability belief	4/5	
Preparation-based confidence	4/5	
Stability after failure	4/5	
Preparation → felt confidence	3/5	

Confidence is functioning as a stable, internal foundation across multiple sub-constructs.

Items scoring at 5/5:

- Internally sourced: confidence does not depend on outside validation
- Stability under pressure: pressure does not cause doubt about capability
- Stability across sustained difficulty: belief stays high during extended periods when results are not going well
- Confidence metacognition: the participant knows the specific actions that build their confidence in high-stakes moments

Items scoring at 4/5:

- Capability belief
- Preparation-based confidence
- Stability after failure

One item scoring at 3/5:

- Conversion of preparation into felt confidence in the moment

The lowest item in the pillar still sits at 3/5. Every sub-construct is above the bottom of the response range. This shows the pillar holds up across every sub-construct.

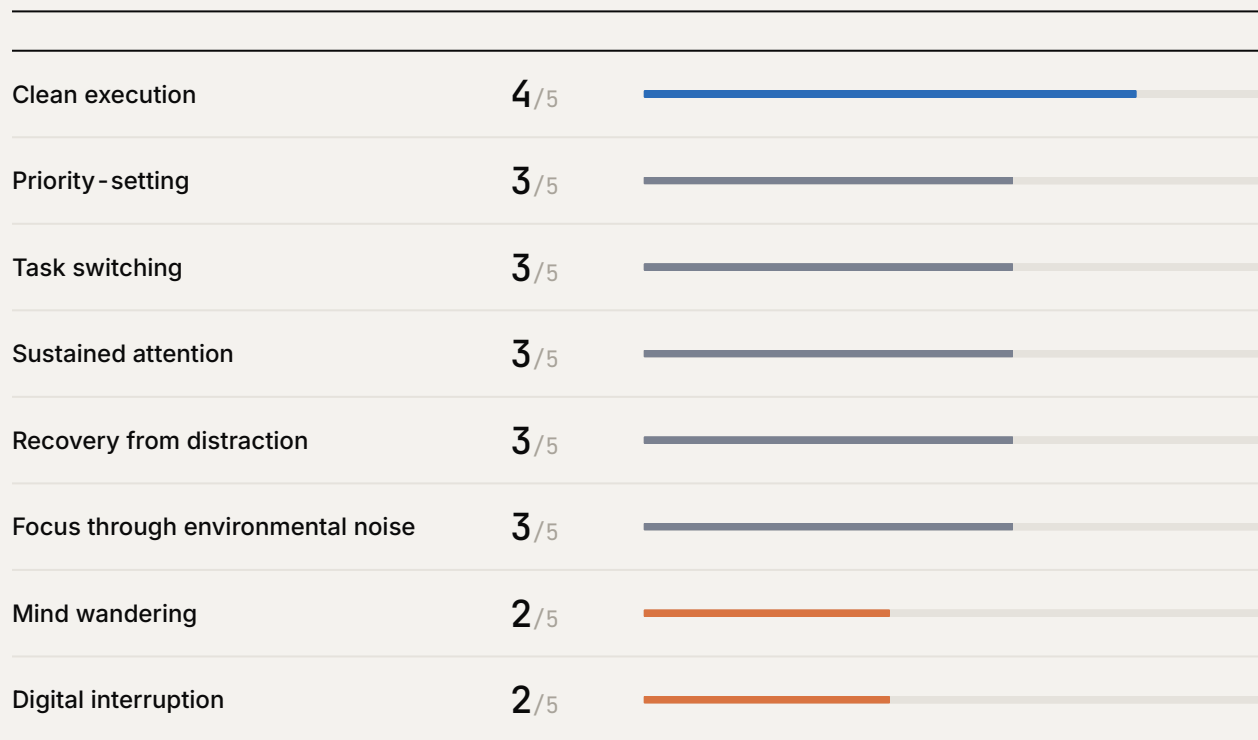
The pillar functions as a steady operating foundation, not a strength that shows up some days and not others. Belief holds under pressure, across difficulty, and across extended periods of poor results. The participant operates with a consistent foundation that does not collapse when the situation gets harder.

This is the anchor the development plan operates from. Existing belief carries the participant through the early weeks of intervention work, when the work generates discomfort that initially feels like a loss of capability.

Focus Control

23/40

DEVELOPMENT ZONE



Focus Control is the only pillar in Development Zone. The pillar score reads as broad attention weakness. The item - level pattern shows something more specific.

Items scoring at 2/5:

- Mind wandering: unrelated thoughts pull attention from work
- Digital interruption: the participant interrupts important work for non - urgent notifications

Items scoring at 3/5:

- Priority - setting
- Task switching
- Sustained attention
- Recovery from distraction
- Focus through environmental noise

Mid-developing capacity across these five sub-constructs.

One item scoring at 4/5:

- Clean execution: attention does not get disrupted by self-monitoring during work

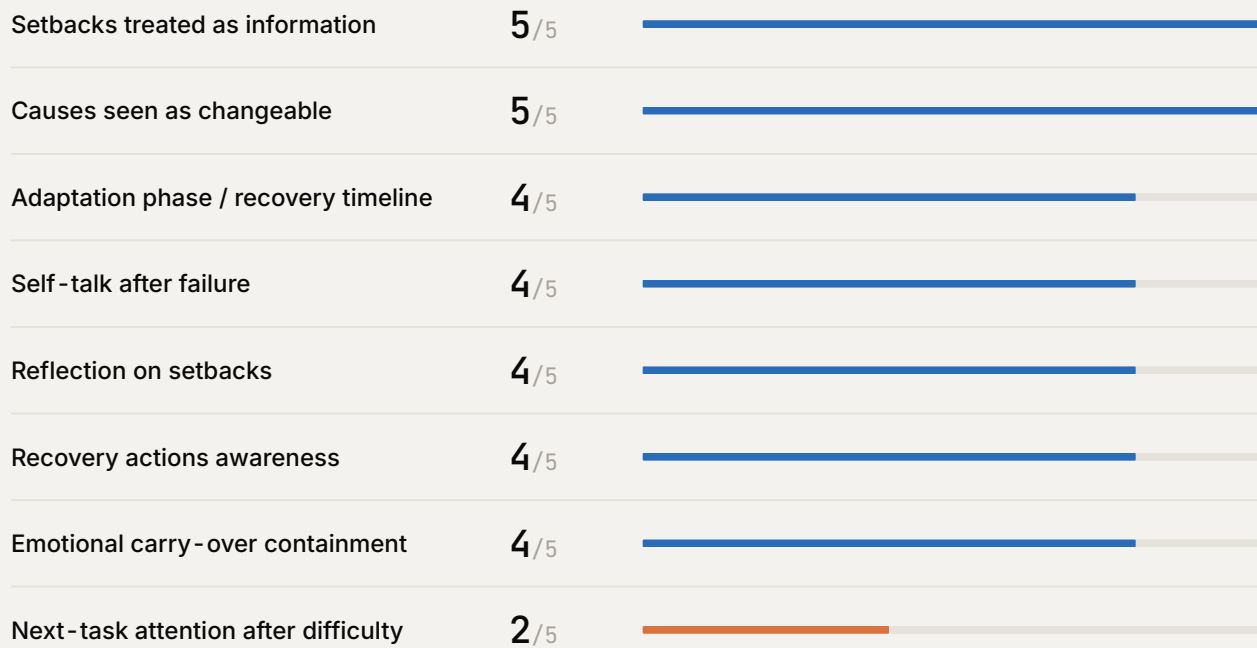
The two low items show what is happening underneath. Internal thoughts pull attention away when focus is needed.

The same root mechanism shows up across other pillars:

- Regulation & Composure: overthinking under pressure
- Resilience: scattered attention after difficult moments
- Energy Stability: inability to mentally switch off during rest

Digital interruption may be related to the same root. It may also be a separate notification habit. The intervention work tests both.

The score of 4/5 on clean execution matters. It rules out perfectionism or self-monitoring as the source of attention loss. The work that closes the gap is attention training that builds the ability to release internal thoughts faster.



Resilience shows two things at once. Most of the pillar is functioning well, including a real strength in how the participant relates to setbacks. One item shows the same root issue from earlier, in a recovery context.

Items scoring at 5/5:

- Setbacks are treated as information rather than evidence of incapacity
- Causes of setbacks are seen as something that can change, not as something fixed

Items scoring at 4/5:

- Adaptation phase: clear sense of recovery timeline
- Self-talk after failure: not harsh internal criticism
- Reflection on setbacks
- Recovery actions awareness
- Emotional carry-over: dwelling stays contained

One item scoring at 2/5:

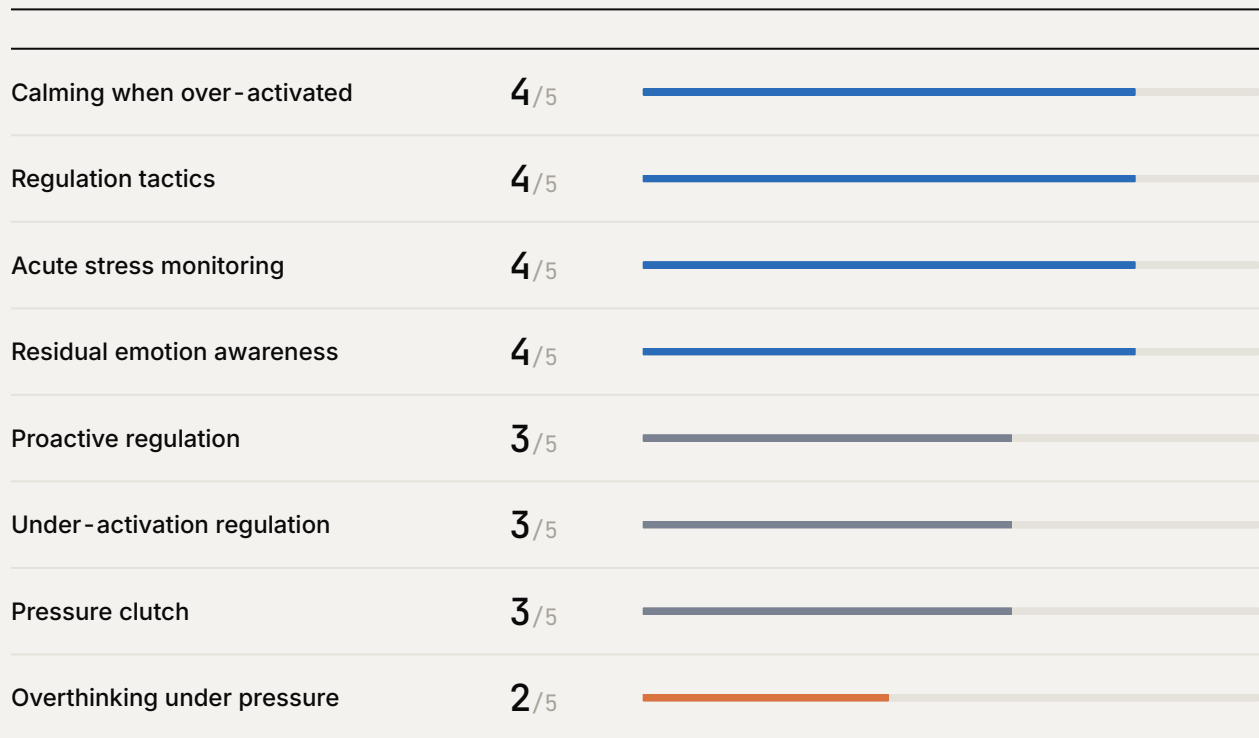
- Next-task attention after a difficult moment: the participant cannot give the next task full attention and energy after difficulty

These two items at 5/5 are the strength the development plan also leans on. The participant's stance toward setbacks is internalized. It runs as a default mode rather than a learned framework.

The recovery loop is intact at every other layer. Self-talk holds. Reflection happens. Recovery actions are clear. Dwelling does not extend.

The single low item sits where attention should release. After a difficult moment, internal thoughts from that moment have not let go. Attention does not return cleanly to the next task. This is the same root issue showing up across other pillars in different contexts.

The intervention work on the primary priority addresses this item directly. No separate Resilience-targeted work is required.



The pillar shows the tools for managing internal state are in place. The specific gap is at thinking under pressure.

Items scoring at 4/5:

- Calming when over-activated: the participant can bring intensity down when needed
- Regulation tactics: the participant has specific tools for managing difficult moments
- Acute stress monitoring: the participant notices when stress is affecting performance
- Residual emotion awareness: the participant tracks emotion after the moment has passed

Items scoring at 3/5:

- Proactive regulation
- Under - activation regulation
- Pressure clutch: maintaining performance under high pressure

One item scoring at 2/5:

- Overthinking under pressure: the participant cannot stop internal thinking when the stakes climb

The four items at 4/5 form a working set of tools. The participant has built capacity for managing internal state. They notice when something is shifting. They have specific tools and use them.

The single low item is the same root issue from the primary priority, showing up in a different context. Under high pressure, the existing tools do not solve the internal thinking issue. The thoughts that fire when stakes climb cannot be stopped with the tools currently in place.

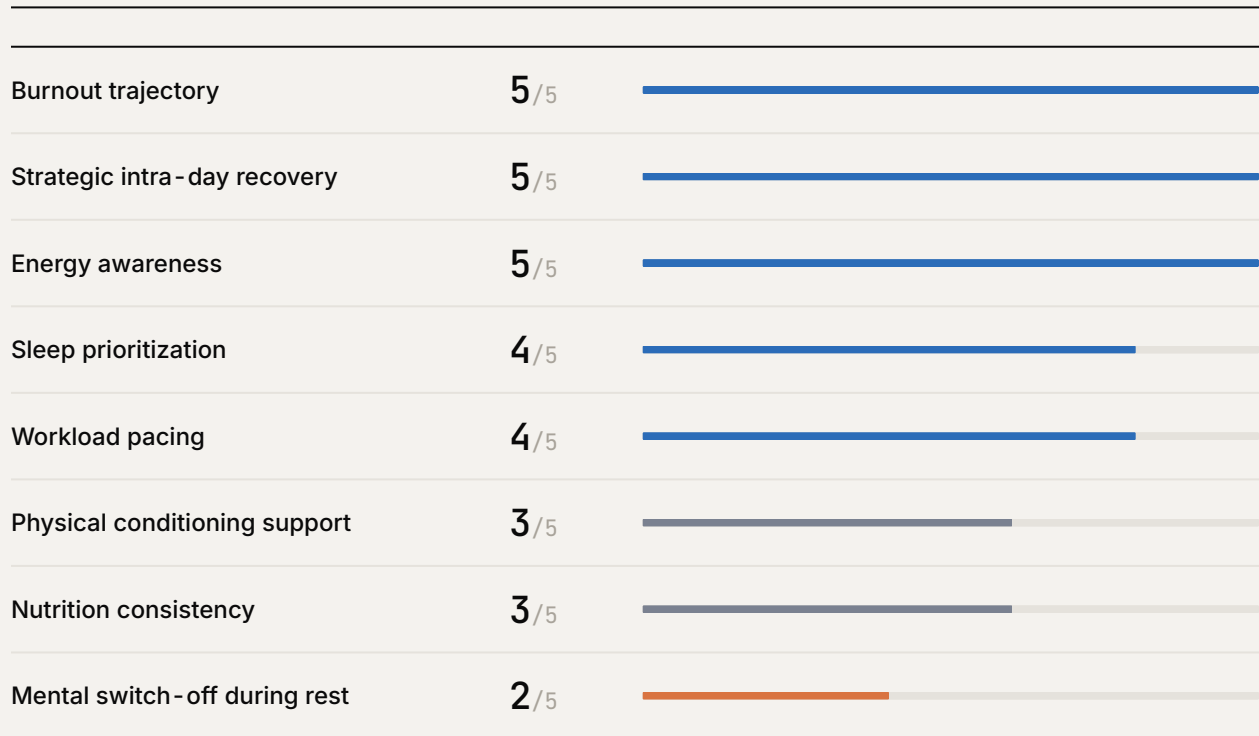
Standard regulation work targets the wrong layer here. Breathing routines, pre-performance setup, and calming techniques address state. The issue at this floor item is internal thinking. The tools that target state do not address it.

The work that closes this gap is the same work the primary priority builds. It is applied specifically to the moment when pressure is at its peak.

Energy Stability

31/40

DEVELOPING



The pillar's foundation is intact. One item shows the same root issue from the primary priority in a rest context.

Items scoring at 5/5: Burnout trajectory; Strategic intra-day recovery; Energy awareness.

One item scoring at 2/5: Mental switch-off during rest — the participant cannot let go mentally during designated rest time.

The energy foundation is functioning. The participant tracks energy state in real time. Depletion is not the cause. The single low item is the same root issue showing up during rest. The intervention work on the primary priority addresses this item directly.



The pillar shows mid-developing purpose with one strength and one specific gap. The low item is connected to the same root issue from the primary priority.

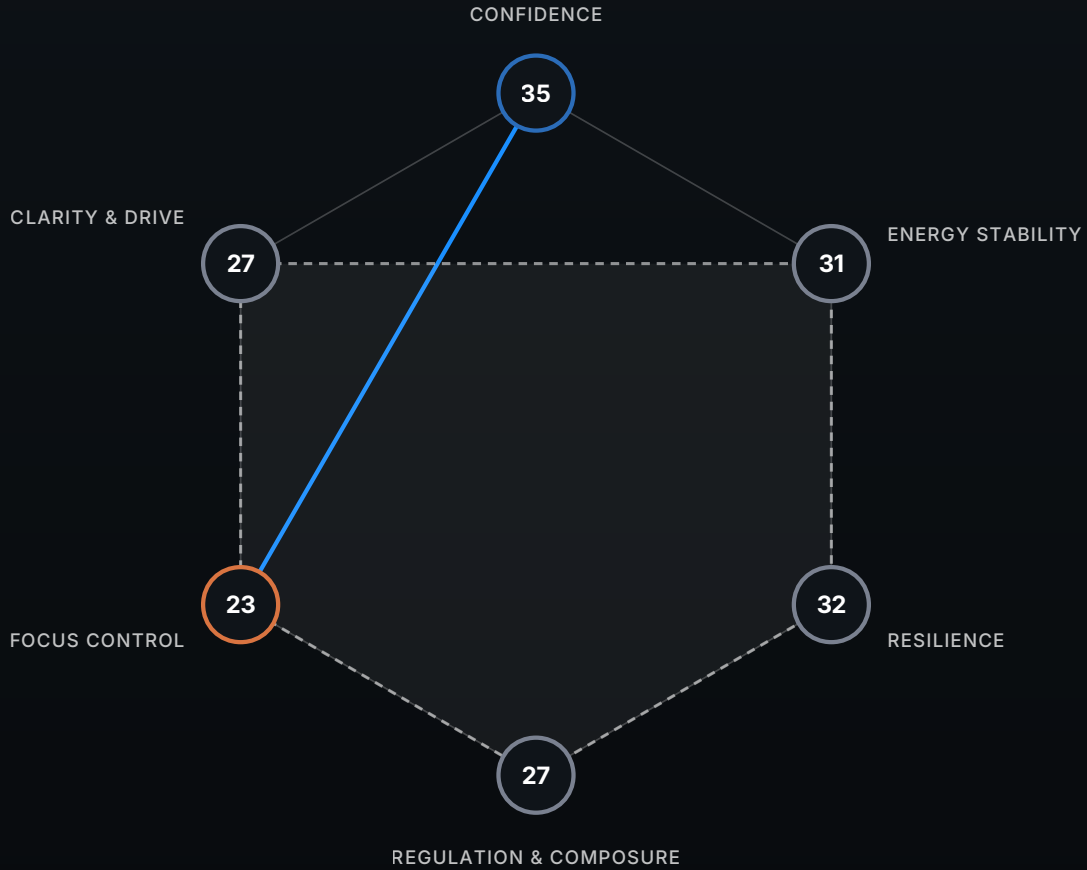
One item scoring at 5/5: Behavioral autonomy — takes initiative on important work without being observed.

Six other items sit at 3–4/5 across intrinsic motivation, action-motivation independence, slump reconnection, and purpose clarity.

One item scoring at 2/5: Commitment depth — pulls away from important work when it gets hard.

The participant's behavioral autonomy carries effort. The system runs on initiative and confidence. Purpose is not what carries effort here. The low item shows up when the issue from the primary priority makes high-stakes work feel intolerable. Pulling away is the exit. The intervention work on the primary priority addresses the cause.

Cross - Pillar Dynamics



Belief - Execution
Inversion

Cognitive Disengagement
Failure

The Dynamics in Detail

Belief - Execution Inversion

Pillars: Confidence & Self-Efficacy × Focus Control

Most performance gaps between belief and execution run in one direction. The participant doubts their capability and the work suffers as a result. This profile shows the inversion.

Confidence sits at 35/40. The participant believes they can perform at the level their goals require. That belief is self-supplied. It does not collapse under pressure. It does not collapse during extended periods when results are not going well. The participant takes on responsibilities and effort consistent with what they believe they can do.

Focus Control sits at 23/40. Attention does not reliably deliver on what the belief commits the participant to. Two specific channels leak attention: internal thoughts pulling focus from work, and digital notifications interrupting important work.

The result is output that does not match the belief or the effort applied. Results come back inconsistent in a way the belief and effort do not predict.

This dynamic carries risk over time. As the participant continues taking on stakes consistent with their belief, the gap between what they commit to and what they deliver grows. The development plan closes the gap by raising attention capacity to match the level of belief that is already in place.

Cognitive Disengagement Failure

Pillars: Focus Control × Regulation & Composure × Resilience × Energy Stability × Clarity & Drive

Cognitive disengagement is the ability to release internal thoughts on demand when the situation calls for it. Most performance situations require this. When pressure is on, the participant needs to stop the running internal thinking and respond to what is actually happening. After a difficult moment, they need to let go of what just happened so they can focus on what is next. During rest, they need to stop work thinking so they can actually recover.

This profile shows a specific gap at this release function. How it appears changes with the context. The root issue underneath does not.

Where the issue surfaces:

- Focus Control: mind wandering during work
- Regulation & Composure: overthinking when pressure is on
- Resilience: scattered attention after a difficult moment
- Energy Stability: inability to switch off mentally during rest
- Clarity & Drive: pulling away from important work when it gets hard

Every related strength is in place. Resilience attribution, energy foundation, regulation tools, confidence. None of these strengths address the specific gap.

This dynamic links to the belief - execution inversion above. The cognitive layer is what makes the belief - execution gap matter in practice. Confidence directs the participant into high - stakes territory. The release function breaks down specifically there.

The development plan addresses this dynamic at the root. Building the release function addresses every place it shows up at once.

Risk Patterns to Monitor

The two dynamics identified above carry risk over time if left unaddressed. The development plan addresses both at the root. But what happens if the work is delayed is worth naming directly.

RISK PATTERN · 1

The widening commitment - execution gap

The participant's confidence is structurally strong. They take on responsibilities and effort consistent with what they believe they can do. The attention layer that converts effort into output is currently not delivering on what the belief commits them to.

Over time, this gap can widen. Confidence does not collapse when results are inconsistent. The participant continues taking on stakes at the level their belief supports. The attention issue does not improve without specific work on it. The volume of commitments the participant cannot reliably deliver on grows.

Over a longer horizon, this trajectory affects the strongest pillar in the profile. The longer the gap operates, the more direct evidence the participant accumulates that their performance does not match their belief. The internal source of confidence is strong because it has not been repeatedly tested by sustained delivery gaps. Sustained gaps test it. Eventually, even strong internal sourcing weakens against repeated counter-evidence.

If this stage is reached, the development plan loses its primary lever.

What to watch for — early signals (gap widening):

- Output that consistently lands below what was promised or expected, despite full effort applied
- Pattern of taking on more when prior commitments are not being met
- Internal frustration about not being able to convert effort into results
- External feedback about reliability or follow-through that does not match the participant's self-assessment

What to watch for — later signals (confidence beginning to soften):

- Self-belief about specific capabilities starting to soften, particularly in domains where delivery gaps have been most pronounced
- Hesitation before taking on stakes the participant would previously have committed to without doubt
- Internal questioning of capability that did not previously appear under similar conditions

RISK PATTERN · 2

The deepening internal noise pattern

The cognitive disengagement issue is currently workable. The participant has the related strengths in place that support the development plan: confidence to sustain the work through early discomfort, attribution stability for the way the work asks them to relate to internal thoughts, and the ability to track progress in real time.

The longer the pattern operates without specific work on it, the more habitual it becomes. Internal thoughts firing under pressure becomes the default. The pattern operates more often. Recovery contexts where the mind cannot release become routine. The work to change the pattern gets harder over time.

What to watch for:

- Increasing reliance on outside tools like notification controls and time blocking without internal capacity development
- Sustained avoidance behavior in Clarity & Drive (pulling away from hard work) becoming more pronounced
- Recovery quality declining: rest periods producing less restoration
- Anxiety or discomfort during quiet moments increasing

Both risks share the same root and the same path forward. The work in Section 9 addresses the underlying pattern. Early progress signals appear in Section 10.

THE WORK

Where the practice begins.

The diagnostic translated into practice. Each priority comes paired with the intervention that targets it — what it builds, how it runs, and what changes when it starts working. This is the section to come back to.

Development Priorities and Interventions

PRIMARY PRIORITY **Releasing internal noise under pressure**

Focus Control

Two interventions, deployed together. The first builds the underlying capacity. The second provides the in-the-moment skill.

INTERVENTION 1

Intervention 1 — Attention Training

What it builds: The ability to notice when internal thoughts have pulled attention away from work, and return cleanly to the work without engaging the thought.

Protocol:

- Duration: 4 weeks minimum
- Frequency: 5 days per week
- Length: 15 minutes per session
- Setting: seated, eyes closed or downcast

The practice (each session):

- 01 Direct attention to a single anchor point. The breath is the standard anchor. Pick a specific location to track it (nostrils, chest, or abdomen) and stay with that location.
- 02 When attention wanders away from the anchor, notice the wandering.
- 03 Briefly label what the content was: planning, worry, replaying, daydreaming.
- 04 Return attention to the anchor.
- 05 Repeat as many times as wandering occurs.

What to expect:

- 01 Week 1: the participant notices wandering more often, not less. This is expected. Better noticing comes before sustained attention improves.
- 02 Weeks 2–4: wandering frequency starts to decrease. Returns to the anchor become faster.
- 03 After 4 weeks: continue at maintenance dose (10–15 minutes daily, 4–5 days per week). Stopping practice causes the capacity to weaken within months.

How progress shows up:

- Mind wandering during work happens less often
- When it happens, return to work is faster
- Wandering gets caught earlier in the cycle
- Rest periods improve, because the same capacity that detects wandering during work also detects work-thinking during rest

INTERVENTION 2

Intervention 2 — Release Practice

What it builds: The in-the-moment skill of treating an internal thought as a passing mental event, not as a situation that requires a response.

The mechanism this targets: When an internal thought arrives during work, the default response is to engage with it. A worry becomes a situation that requires worrying through. A planning thought becomes planning that has to happen now. This engagement is what gives the thought enough grip to pull attention from the task. The release practice intervenes at the moment the thought arrives.

The practice (deployed in moments, not in dedicated sessions):

- 01 Notice the thought as a thought. The thought is mental activity. The work is the work.
- 02 Apply one of the techniques below.
- 03 Return attention to the work.

Techniques (use any one, each takes seconds):

- Labeling: "There is the worry about the meeting again."
- Repetition: repeat the thought silently until it loses meaning.
- Visualization: picture the thought as text on a screen passing by.

What this is not: Not pushing the thought away. Not arguing with the thought. Not replacing the thought with a different one. The technique changes the relationship to the thought. It does not change the thought's frequency.

How progress shows up:

- Internal thoughts get noticed and released without engagement
- Overthinking under pressure decreases
- Attention returns to work faster
- Post-difficulty thoughts clear more quickly

Cognitive interference under pressure

Regulation & Composure

Same root as the primary priority. Different context. The release practice is deployed specifically at moments when pressure is highest.

INTERVENTION 1

Release Practice Under Acute Pressure

What it builds: The ability to release internal thoughts in the specific moments when stakes are climbing.

Three deployment windows:

- 01 Pre - event (minutes before a high - stakes meeting, presentation, or decision): release thoughts about how it will go, what could go wrong, what the stakes are.
- 02 In - event (during the high - stakes moment itself): release real - time evaluative thoughts about how it is going.
- 03 Post - event (minutes immediately after): release evaluative thoughts about how it went, before they pull attention from the next task.

Each deployment uses the same techniques from the Release Practice intervention. Labeling. Repetition. Visualization. Each application takes seconds.

Pairing with existing tools: The participant's existing regulation tools (calming techniques, breathing routines, pre - performance setup) target physical and emotional state. The release practice targets the thinking layer. The two work together: state regulation handles the body and emotion; release practice handles the thoughts.

How progress shows up:

- Internal thoughts in high - pressure moments get noticed and released
- Performance under pressure becomes more consistent
- Both the pressure clutch item and the overthinking item improve, because both are gated by the same skill

What Progress Looks Like

THE LONG-HORIZON OUTCOME

Confidence that is both believed and delivered on.

Each intervention in Section 9 specifies its own progress signals. Two further outcomes worth naming sit beyond what any single intervention produces.

Signals across both priorities

Both priorities address the same root. Progress on one shows up in the other. The participant deploying the release practice under pressure also notices the technique transferring to non-pressure contexts. The daily attention training builds the noticing capacity that the pressure deployment depends on. Working both priorities together produces faster progress than working either alone.

The long-horizon outcome

Sustained progress over months produces a downstream signal in the anchor itself. The belief-execution gap closes. The participant continues taking on stakes consistent with their confidence, and the execution layer increasingly delivers on what the belief commits to. This is what the development plan is targeting at scale: confidence that is both believed and delivered on.

Methodology Note

INSTRUMENT	Mental Performance Index (MPI), pre-v5
PILLARS	6
ITEMS	48
ITEM SCALE	1–5
PILLAR SCORE RANGE	8–40
BANDS	4 (Critical · Zone · Developing · Strength)

The Mental Performance Index (MPI) is a 48-item assessment grounded in sport psychology, performance science, and energy management research. The instrument measures six pillars of mental performance, with eight items per pillar covering distinct sub-constructs within each pillar.

Each item is scored 1–5. Reverse-scored items are corrected before pillar totals are calculated. Pillar scores range from 8 to 40, with band assignments based on ranges established through clinical and performance research foundations.

The interpretive framework supporting this profile is documented in the MPI Diagnostic Framework (internal reference, available on request).

This profile was produced by a trained sport psychology professional from the participant's MPI data. It is a diagnostic of trainable performance capacities. It is not a personality assessment, not a clinical instrument, and not a verdict on the participant.

Glossary

ANCHOR / ANCHOR STRENGTH

The existing structural strength the development plan operates from. Not simply the highest-scoring pillar. The strength that provides a mechanistic lever into the development priority. May be a full pillar or a specific sub-construct within a pillar.

ATTRIBUTION-STABILITY

A sub-construct within Resilience. The participant's tendency to treat the cause of a setback as something that can change (effort, approach, circumstances) rather than as something fixed (inherent ability, character).

INTERNAL STATE

The participant's emotional and physiological state at a given moment: activation level, intensity, calm vs. activated. Distinct from external behavior or output.

ATTENTION TRAINING

An intervention that builds the underlying capacity to notice when attention has drifted and return cleanly to the work. Practiced daily over a 4-week build phase, then maintained at lower frequency.

BELIEF-EXECUTION GAP

The pattern where confidence about performing at a certain level is not matched by the execution capacity to deliver at that level. The gap can run in either direction; this profile shows the inversion of the more common pattern (low confidence with adequate execution).

PILLAR

One of the six core capacities measured by the MPI: Energy Stability, Resilience, Regulation & Composure, Focus Control, Clarity & Drive, and Confidence & Self-Efficacy.

PRESSURE CLUTCH

A sub-construct within Regulation & Composure. The participant's ability to maintain performance quality when pressure is highest.

RELEASE PRACTICE

An in-the-moment intervention that treats internal thoughts as passing mental events rather than situations requiring response. Deployed in moments, not in dedicated practice windows. Specific techniques include labeling, repetition, and visualization.

PRIMARY PRIORITY / SECONDARY PRIORITY

The development targets the deliverable's intervention plan addresses. The primary priority is the highest-leverage development target. The secondary priority is the next-highest, typically connected mechanistically to the primary.

SUB-CONSTRUCT

A specific component measured within a pillar. Each pillar contains eight sub-constructs, each measured by one assessment item. Sub-constructs are the unit at which item-level diagnostic patterns are analyzed.

END OF PROFILE

The work begins here.

This profile is a working document. Return to Sections 9 and 10 as the development plan progresses. Patterns shift as the work changes them.