

Date: \_\_\_\_\_



## 10-QUESTION ASSESSMENT

### PILLAR 1: HOOPING

#### Question 1: Are you practicing with a team?

Yes = 15 points | Sometimes = 8 points | No = 0 points

There's no substitute for team practice. The chemistry, the competitive reps, the coaching—these elements can't be replicated in solo workouts.

#### Question 2: Are you putting in work on your own?

Yes (3+ times/week) = 15 points | Sometimes = 8 points | Rarely = 0 points

The greats understand that team practice is just the foundation. Kobe Bryant didn't become Kobe by showing up only when practice was scheduled. The extra reps matter.

#### Question 3: Are you working on specific skills you want to improve?

Yes, focused = 10 points | Somewhat = 5 points | No = 0 points

Random shooting around isn't skill development. Elite players identify weaknesses and attack them systematically. Whether it's ball handling with your weak hand, defensive footwork, or free throw consistency—specificity wins.

### PILLAR 2: TAKING CARE OF YOUR BODY

#### Question 4: Are you getting enough sleep? (8+ hours per night)

8+ hours = 10 points | 7-8 hours = 5 points | Less than 7 = 0 points

Sleep is when your body repairs itself and your brain processes everything you learned. Studies show that athletes who consistently sleep 8+ hours perform better, recover faster, and suffer fewer injuries. It's not optional—it's fundamental.

#### Question 5: Are you eating a natural, healthy diet with vegetables?

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**Yes, consistently = 10 points | Sometimes = 5 points | No = 0 points**

Your body is a high-performance machine, and you can't fuel it with processed junk and expect elite results. The best young players understand that nutrition is as important as any drill.

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## **PILLAR 3: GETTING YOUR HEAD RIGHT**

### **Question 6: Are you journaling 10 minutes per day? (5 min AM, 5 min PM)**

**Yes, daily = 10 points | Sometimes = 5 points | No = 0 points**

Mental clarity separates good players from great ones. Top athletes across all sports use journaling to process emotions, set intentions, and track their growth. Five minutes in the morning to set your focus. Five minutes at night to reflect on what you learned.

### **Question 7: Are you managing your schoolwork effectively?**

**Managing well = 10 points | Struggling some = 5 points | Very stressed = 0 points**

Academic stress bleeds into athletic performance. When you're worried about failing a class, you can't be fully present on the court. The best players understand that handling their business off the court frees them to dominate on it. **Question**

### **8: Are you controlling video gaming to less than 1 hour per day?**

**Less than 1 hour = 15 points | 1-2 hours = 5 points | 2+ hours = -10 points**

This is the only question that can cost you points, and that's intentional. Excessive gaming is the silent killer of potential. It drains time, disrupts sleep patterns, and rewires your brain's reward system. If you're spending more time grinding in a virtual world than improving in the real one, you've already lost.

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## **PILLAR 4: DO RIGHT BY YOUR PEOPLE**

### **Question 9: Are you communicating well with coaches and teammates?**

Date: \_\_\_\_\_



Good = 5 points | OK = 3 points | Poor = 0 points

Championship teams are built on trust and communication. Are you coachable? Do you encourage your teammates? Can you receive constructive criticism without getting defensive? These soft skills often determine playing time more than talent alone.

### Question 10: Are you helping out at home?

Yes, regularly = 10 points | Sometimes = 5 points | Rarely = 0 points

Character shows up in the small things. Players who contribute at home—helping with chores, showing respect to parents, being responsible—develop the discipline and humility that translates to team success. Entitlement is a cancer in the locker room.

## THE VERDICT: WHAT YOUR SCORE REVEALS

### 🔥 85-100 POINTS: BREAKOUT SEASON AHEAD

You're built different. The work you're putting in now—the early mornings, the disciplined choices, the attention to detail—will show up when the lights are brightest. Keep this momentum and don't let up.

### ✅ 65-84 POINTS: ON THE RIGHT TRACK

You're doing well, but there's another level waiting for you. Identify your two lowest-scoring areas and attack them aggressively over the next month. The difference between good and great is often just two or three habits.

### ⚠️ 45-64 POINTS: NEEDS MORE FOCUS

Here's the truth: You're not ready. Not yet. But you can be. Look at where you scored lowest and make a decision: Are you going to change, or are you going to watch someone else live your dream? Pick two areas to fix immediately.

### 🚨 BELOW 45 POINTS: WAKE-UP CALL

This score is a mirror. It's showing you exactly why you haven't reached your potential yet. Have an honest conversation with your coach, a mentor, or a parent you trust. Something needs to change—and it needs to change now.

Date: \_\_\_\_\_



## THE BOTTOM LINE

Basketball season doesn't care about your excuses. It doesn't care that you're tired, that gaming is relaxing, or that healthy food doesn't taste as good as fast food. The only thing that matters is what you do between now and opening tip-off.

Take this assessment seriously. Write down your score. Circle the areas where you're weak. Then make a plan to fix them.

Because in a few months, when you're sitting on the bench watching someone else get your minutes, or when you're celebrating the best season of your life, you'll know exactly why.

**The work you put in now determines the player you'll be then.**

## What are you going to do about it?

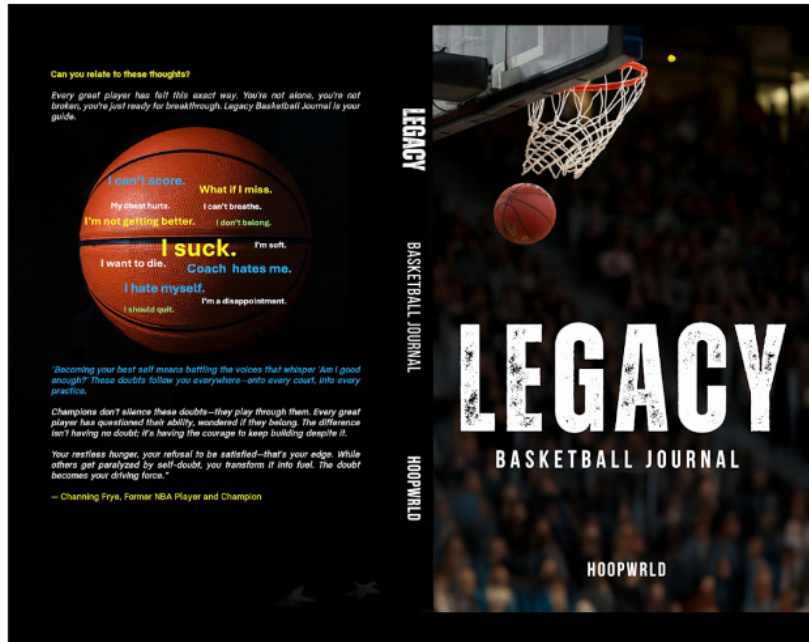
### Next Steps

Retake this assessment in 3-4 weeks. Track your progress. Hold yourself accountable. Champions aren't born—they're built through daily decisions.

Date: \_\_\_\_\_



## LEGACY Basketball Journal



“Yo, legends ain’t made just by what they do on the court they’re made by how they think about their journey every single day. **Your Legacy starts in your mind before it ever shows up in your game.** The greats didn’t just work on their handles and shot they worked on their mindset, mental toughness, and ability to stay locked in when everything got chaotic. Every champion you look up to had to figure out how to think like a winner before they could play like one. Your Legacy is being written right now — in how you handle the pressure, how you bounce back from mistakes, and how you stay focused on what really matters. Lock in mentally and watch your Legacy unfold differently. Stay locked, stay focused, and let your mental game build something that lasts long after the final buzzer.”

-Hoopwrld

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