



the mirror test

The Honest Gap Blueprint

The Mirror Test self-assessment.

The companion worksheet to Chapter 1.1 of The Student Athlete Playbook.

FILL THIS IN FIRST

NAME

SPORT

POSITION

CURRENT GRADE IN SCHOOL

DATE STARTED

how to use this

Know the difference first.

A METRIC

Something you can test right now, independent of a game.

A STAT

What happens to that metric once it gets thrown into a season full of teammates, opponents, and luck.

The mirror test only cares about what you can walk onto a field or a court and go test today.

THE ORDER TO WORK IN

- 1 Fill in the front page.
- 2 Work through Part One. Your metrics, the level averages, then your own tested numbers.
- 3 Work through Part Two. Your school list, your GPA, and your test scores.
- 4 Write your gap summary and pick the first three things you will do.
- 5 Come back to the last page every few months and write in your new numbers.

There is a free benchmark table download waiting for you. Use it to see the pattern in action.



part one · athletic

Step one. Find out what your metrics actually are.

Find the three or four physical metrics coaches and scouts track for your sport and your position.

TABLE A · MY METRICS

METRIC	WHERE I GOT THIS FROM

Step two. Find the averages for those metrics at every level.

Write the average number for each metric at each level, for your position.

TABLE B · LEVEL AVERAGES

METRIC	D1	D2	D3	NAIA	JUCO

WHERE I FOUND THESE AVERAGES _____

part one · athletic

Step three. Go test yourself, for real, and compare.

Test each metric yourself and write down the number you get.

TABLE C · MY TESTED NUMBERS

METRIC	DATE TESTED	MY NUMBER	LEVEL I AM AIMING AT	TARGET NUMBER	GAP

HOW I TESTED EACH ONE, EQUIPMENT AND CONDITIONS

PS, if your numbers don't line up yet, that's okay. That gap becomes the foundation for the training system I lay out for you later in this book.

part two · academic

Step four. Do the same thing for your grades.

You're looking at the admitted student GPA average at the specific schools on your list versus your current unweighted GPA. Same thing for your SAT and ACT scores.

TABLE D · MY SCHOOL LIST

SCHOOL	ADMITTED STUDENT GPA AVERAGE	WHERE I FOUND THAT NUMBER	MY CURRENT UNWEIGHTED GPA	GAP

TABLE E · TEST SCORES

TEST	AVERAGE SCORE AT MY TOP SCHOOL	MY CURRENT SCORE	GAP
SAT			
ACT			

SCHOOLS ON MY LIST WHERE THE SPORT CAN CARRY ME

SCHOOLS WHERE I HAVE TO CLEAR THE ACADEMIC BAR ON MY OWN FIRST

the gap summary

The gap summary.

Look back at Part One and Part Two. Write down the biggest gap on each side.

MY BIGGEST ATHLETIC GAP RIGHT NOW

MY BIGGEST ACADEMIC GAP RIGHT NOW

THE FIRST THREE THINGS I AM GOING TO DO ABOUT IT

1.

2.

3.

DATE I WILL RETEST

the retest log

Retest log.

Come back to this page every few months. Write the date at the top of a column, then write in your new numbers.

TABLE F · MY NUMBERS OVER TIME

WHAT I AM TRACKING				
GPA				
Test score				