

# Course Feedback Form

Your experience with this course helps make it better for everyone who comes after you. Be direct. Be specific. The most useful feedback is the kind that is honest rather than kind.

## SECTION 1 — ABOUT YOU

Name (optional)

Sport / Domain / Role

Date completed

## SECTION 2 — OVERALL EXPERIENCE

How would you rate the course overall?

1

Not valuable

2

3

4

5

6

7

8

9

Extremely valuable

10

How difficult was the course to complete?

1

Too easy

2

3

4

5

6

7

8

9

10

Too difficult

How likely are you to recommend this course to another athlete, coach, or performer?

1 2 3 4 5 6 7 8 9 10  
Would not recommend Would absolutely recommend

*Which module had the most impact on you — and why?*

Circle one: Module 1 Module 2 Module 3 Module 4 Module 5

*Which module felt least relevant or engaging to you?*

Circle one: Module 1 Module 2 Module 3 Module 4 Module 5

**SECTION 3 — THE MBAT PRACTICE**

How many of the 28 days did you complete the MBAT practice?

1 2 3 4 5 6 7 8 9 10  
Very few (1–7) All 28 days

*What did the MBAT practice give you — or fail to give you?*

Be as specific as possible. Did it affect your attention in performance? In daily life? Did it not land?

*Which of the four attentional modes felt most relevant to your performance context?*

*Circle: Focused Attention   Body Scan   Open Monitoring   Connection*

#### SECTION 4 — THE REFLECTIONS & EXERCISES

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*Which reflection or exercise was the hardest to complete — and what made it hard?*

*Did the writing prompts give you enough space and guidance, or did any feel unclear?*

*Name specific prompts if possible.*

*Is there a concept, framework, or exercise that felt missing — something you expected to find that wasn't here?*

#### SECTION 5 — APPLICATION & TRANSFER

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*Have you used anything from this course in actual performance since starting it?*

*If yes, describe the situation and what you used. If no, what got in the way?*

*Did the container you built in Module 5 feel like something you'll actually use?*

*Why or why not?*

#### SECTION 6 — THE ONE THING

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*If you could change one thing about this course, what would it be?*

*What is the single most important thing this course gave you?*

*"The work doesn't end here. This is the point where it becomes yours."*