

UNDERSTANDING YOUR MENTAL TOUGHNESS

Consider yourself, friends or colleagues to understand where you or they have qualities associated with different elements of Mental Toughness or Mental Sensitivity and where difficulties may arise as a result of this. Think about thoughts, feelings, actions that link to the different areas.

<p>High Levels of Commitment. “I like to set goals and targets.” “I know what success looks like.” I will do all I can to achieve the goals that I set.”</p>	<p>Low in commitment. “I give up easily.” I make excuses and procrastinate.” “I am not someone who set’s goals as I’m unlikely to achieve them.”</p>
<p>High in Confidence. “I believe in myself.” “When difficulties arise I can face those challenges.”</p>	<p>Low in Confidence. “I back down quickly.” I find it hard when I’m criticised.” “I often feel defeated before I start.”</p>
<p>High in Challenge. “I enjoy being out of my comfort zone.” I take the learning out of all situations, good and bad.” “There are more positives than negatives when taking a risk.”</p>	<p>Low in Challenge. “I do not like shocks or surprises.” “I dislike being around competitive people.” “I enjoy routine and I am not keen on changes.”</p>
<p>High in Control. “I can do it.” I have control over this.” “I can manage my emotions when I’m faced with...”</p>	<p>Low in Control. “Things just happen to me.” “It’s not my fault.” “It’s too difficult so I’ll never be able to ...”</p>