

## MENTAL TOUGHNESS TEST

Mental Toughness is a phrase often used to describe an athlete's ability to get through difficult circumstances or perform well under pressure. However there is more to mental toughness than just adversity in the face of challenges.

### **There are four main components of mental toughness:**

- Commitment / Motivation
- Concentration / Focus
- Control Under Pressure
- Confidence / Self-Belief

Although some people seem to have a natural talent in some of these components, there is no doubt that psychological skills can be learned to create greater Mental Toughness in anyone.

### **The following is a brief description of each component:**

#### **Commitment/Motivation**

- Setting difficult/attainable goals
- Working harder than others to achieve goals
- Pushing beyond abilities
- Bouncing back from performance setbacks
- Internal motivation to succeed
- Persistence - refusal to give up

#### **Concentration/Focus**

- Remaining totally focused on the task at hand
- Not being distracted by events surrounding the performance of the task
- Remaining in control despite unexpected, uncontrollable events
- Not being distracted by personal circumstances or events
- Not being distracted by other people

#### **Control Under Pressure**

- Coping effectively with adversity
- Staying calm under pressure
- Accepting that anxiety is inevitable and enjoying it
- Making quick decisions under pressure
- Performing better under pressure
- Maintaining focus and effort under pressure

#### **Confidence/Self-Belief**

- Having an unshakable belief in ability to achieve goals
- Believing in unique qualities that will allow for succeed
- Believing that obstacles can be overcome

## WHAT IS YOUR MENTAL TOUGHNESS SCORE

The first step in any plan is to see what your current fitness level is and Mental Toughness Training is no different.

In order to establish where you are in terms of your current mental toughness I have devised this little questionnaire. Tick the statements that you feel are true for you. Your honest response will help identify the different mental skills that you need to improve.

<b>Commitment/Motivation</b>	
I feel I give up to easily when I have more to give	<input type="checkbox"/>
I find it hard to refocus on the next competition after a poor performance	<input type="checkbox"/>
I don't really set seasonal goals for myself	<input type="checkbox"/>
I regularly set unrealistic goals and then feel upset when I don't achieve them	<input type="checkbox"/>
I don't set goals for training sessions	<input type="checkbox"/>
When I am having a bad day I just can't seem to "hang in there"	<input type="checkbox"/>

<b>Concentration</b>	
I am unable to control distracting thoughts when I am performing	<input type="checkbox"/>
I can't stay focused in competition when I have other distractions in my life	<input type="checkbox"/>
I am affected by how other competitors perform	<input type="checkbox"/>
I can't push through the pain barrier in training	<input type="checkbox"/>
I lose concentration regularly throughout a long competition	<input type="checkbox"/>
I regularly focus on how others are doing in competition and training	<input type="checkbox"/>

<b>Control Under Pressure</b>	
I lose focus on what I have to do when under pressure	<input type="checkbox"/>
The more pressure there is during a competition, the less I enjoy it	<input type="checkbox"/>
I don't know how to relax when the pressure gets high	<input type="checkbox"/>
I make poor decisions under pressure	<input type="checkbox"/>
I lose control of my emotions during a competition	<input type="checkbox"/>
I become negative during difficult situations in competition	<input type="checkbox"/>

Confidence	
I don't feel I am getting the most out of my talent and skills	<input type="checkbox"/>
When I fail to reach my goals, it makes me feel like a failure	<input type="checkbox"/>
I find it hard to overcome self-doubts when they creep in to my mind	<input type="checkbox"/>
I lose belief in myself after a poor performance	<input type="checkbox"/>
I regularly lack belief in my abilities to achieve my competition goals	<input type="checkbox"/>
I can't see myself reaching my goals	<input type="checkbox"/>

Mental Toughness Score Results	
Total number of statements ticked	<input type="checkbox"/>

How many ticks in each category	
Commitment	<input type="checkbox"/>
Concentration	<input type="checkbox"/>
Control Under Pressure	<input type="checkbox"/>
Confidence	<input type="checkbox"/>

Your total Mental Toughness score falls into one of these categories	
Guide to Scores	
0 → 4	<p><b>Thriving</b></p> <p>Your mental toughness is quite strong. What you are doing appears to be working and you are handling your challenges well. Continue to view the emails I send to you and use some of the techniques to improve even more.</p>
5 → 14	<p><b>Surviving</b></p> <p>It appears you are surviving but are not likely performing at your best very often. In order to find your Zone and reach your highest goals, you will need to improve the mental skill areas where you had more than 2 ticks. Mental Toughness training would definitely help you achieve greater success. Head over to <a href="http://alanheary.com">alanheary.com</a> to see how I can help you achieve better results.</p>
15 → 24	<p><b>Struggling</b></p> <p>You appear to be struggling in several of the 4 mental toughness areas and could use some immediate guidance. Follow the advice that is being sent to you in the emails you signed up to receive. However I would also recommend Mental Toughness Training for you.</p>