



*How mentally tough are you?*

**Answer T for true or F for false for each statement**

- 1) I frequently worry about mistakes \_\_\_\_\_
- 2) I get really down on myself during performance when I mess up \_\_\_\_\_
- 3) Its easy for me to let go of my mistakes \_\_\_\_\_
- 4) If I start out badly its hard for me to turn my performance around \_\_\_\_\_
- 5) I get distracted by what the coach thinks whenever I screw up \_\_\_\_\_
- 6) I bounce back quickly from set backs, bad breaks and mistakes \_\_\_\_\_
- 7) I do my best when there is more pressure on me \_\_\_\_\_
- 8) I get too nervous to really perform to my potential \_\_\_\_\_
- 9) I do better in training games than I do when it really counts the most \_\_\_\_\_
- 10) I tend to get easily psyched out or intimidated \_\_\_\_\_
- 11) I can keep myself calm and composed under pressure \_\_\_\_\_
- 12) I don't want the ball and dread competing come crunch time in the game \_\_\_\_\_
- 13) The manager shouting at me knocks me off my game \_\_\_\_\_
- 14) I tend to get easily distracted \_\_\_\_\_
- 15) Certain opponents can get into my head and throw me off my game \_\_\_\_\_
- 16) Bad playing conditions negatively affect me( weather, field conditions, temperature, etc) \_\_\_\_\_
- 17) I have no problem focusing on what is important and blocking everything else out \_\_\_\_\_
- 18) I think too much about what could go wrong right before and during performance \_\_\_\_\_
- 19) One or two bad mistakes does not shake my confidence \_\_\_\_\_
- 20) I tend to compare myself too much with teammates and Opponents \_\_\_\_\_
- 21) I'd rather compete against a better opponent and loose, than go up against a weaker opponent and win \_\_\_\_\_
- 22) I am a confident and self assured player \_\_\_\_\_
- 23) I tend to be too negative \_\_\_\_\_
- 24) I have trouble dealing with negative self talk \_\_\_\_\_
- 25) I get more motivated after failures and setbacks \_\_\_\_\_
- 26) Its easy for me to consistently train at a high level of intensity \_\_\_\_\_
- 27) I think about how today's training will help me get to my goals \_\_\_\_\_
- 28) I find myself just going through the motions a lot in training \_\_\_\_\_
- 29) I have clear goals that important for me to achieve \_\_\_\_\_
- 30) I am a highly motivated player \_\_\_\_\_

## How to Score your mental Toughness

### Section 1

Questions 1-6 deal with “Reboundability”, or your skill at bouncing back from setbacks and mistakes. Mental Toughness depends on your ability to leave your mistakes and failures behind you. Hanging on to your mistakes will get you into big trouble, performance wise. Players who dwell on their mistakes while the match is going on will generally make more

**Score 1 Point for each of the following answers.**

<b>1) F</b>	<b>2) F</b>
<b>3) T</b>	<b>4) F</b>
<b>5) F</b>	<b>6) T</b>

### Section 2

Questions 7-12 deal with your ability to handle pressure. Without the ability to stay calm under pressure, players will always under achieve. Peak Performance demands that you are relaxed once the performance begins. While a little Nervousness is critical for getting up for a match( “ Good Nervousness”), too much nerves ( “Bad Nervousness”) will tighten your muscles and send your performance down the tubes.

**Score 1 Point for each of the following answers.**

<b>7) T</b>	<b>8) F</b>
<b>9) F</b>	<b>10) F</b>
<b>11) T</b>	<b>12) F</b>

### Section 3

Questions 13-18 deal with your concentration ability. In sport, your ability to focus on what is important and block out everything else is one of the primary keys to performance excellence. Poor concentration is the major reason why players choke and get stuck in performance slumps. Getting psyched out or intimidated is a direct result of concentrating on the wrong things

**Score 1 Point for each of the following answers.**

<b>13) F</b>	<b>14) F</b>
<b>15) F</b>	<b>16) F</b>
<b>17) T</b>	<b>18) F</b>

#### Section 4

Questions 19 - 24 deal with your level of confidence and the factors that affect confidence. One characteristic of mentally tough players is that they possess a confidence level that seems to be unshaken by setbacks and failures. Under the pressure of competition, low confidence will neutralise natural ability, hard work, and talent. Similarly, high confidence will enhance a players training and natural talents, lifting their performance to the next level

**Score 1 Point for each of the following answers.**

19) F	20) F
21) T	22) T
23) F	24) F

#### Section 5

Questions 25 - 30 deal with your motivation. Motivation is the fuel that will drive your training to a successful completion and the accomplishment of your goals. Without adequate motivation players get stuck in “Permanent Potential”. Without motivation you won’t put in the work necessary to become a winner. Your motivation allows you to pick yourself up after a set back and keep going

**Score 1 Point for each of the following answers.**

25) T	26) T
27) T	28) F
29) T	30) T

#### Interpretation:

**A Score of 6 in any one of the sections indicates a special strength in that area. A 5 indicates solid skill and a 4 or less highlights that particular area as a mental weakness that needs to be addressed.**

#### Overall Score:

**As score of 26-30 indicates strength in overall mental toughness. Scores of 23-25 indicates average to moderate mental strength. A score of 18 to 23 indicates that you have some work to do on your mental toughness. Less than 18 means that you have a lot of work to do on your mental toughness**