WINNER'S MENTALITY SYSTEM FOR ENDURING SUCCESS

Pre & Post-Season Mental Toughness Questionnaire*, Bob Reese, PhD, MST

Name: _____ Date: _____

Mental Toughness* is having the natural or developed psychological edge that enables you to:

- Generally, cope better than your opponents with the many demands (competition, training, lifestyle) that sport places on a performer.
- Specifically, be more consistent and better than your opponents in remaining determined, focused, confident, and in control under pressure.

Please rank yourself on a scale of 1(That's not like me at all) to 10 (That's exactly like me).

1 2 3 4 5 6 7 8 9 10

Not like me Exactly like me

First ~ Circle the grade as you feel you are now, today, at the end of the _____ season, and not like you would like to be in the future.

Second ~ Place an 'X' through the number that you feel best represents **where you were at the beginning** of the _____ season.

Please be honest. This will remain confidential and not ever be used against you.

1. I have an unshakable self-belief in my ability to achieve my competition goals.	1	2	3	4	5	6	7	8	9	10
2. I bounce back from performance set-backs as a result of increased determination to succeed.	1	2	3	4	5	6	7	8	9	10
3. I have an unshakable self-belief that I possess unique qualities and abilities that make me better than my opponents.	1	2	3	4	5	6	7	8	9	10
4. I have an insatiable desire and internalized motives to succeed.	1	2	3	4	5	6	7	8	9	10
5. I remain fully focused on the task at hand in the face of competition-specific distractions.	1	2	3	4	5	6	7	8	9	10
6. I regain psychological control following unexpected, uncontrollable events (competition specific).	1	2	3	4	5	6	7	8	9	10
7. I am able to push back the boundaries of physical and emotional pain, while still maintaining technique and effort under distress (in training and competition).	1	2	3	4	5	6	7	8	9	10
8. I accept that competition anxiety is inevitable and I know I that I can cope with it.	1	2	3	4	5	6	7	8	9	10
9. I am NOT adversely affected by others' good and bad performances.	1	2	3	4	5	6	7	8	9	10
10. I thrive on the pressure of competition.	1	2	3	4	5	6	7	8	9	10
11. I remain fully-focused in the face of personal life distractions. That is, I can block out personal problems while competing or training.	1	2	3	4	5	6	7	8	9	10
12. I can switch my sport focus on and off as required.	1	2	3	4	5	6	7	8	9	10

Please be prepared to discuss this survey at the end of season interview with your mental skills trainer.

*This survey is adapted with permission from Jones, G., Hanton, S., & Connaughton, D. (2002). What is this thing called mental toughness? An investigation of elite sports performers. *Journal of Applied Sport Psychology, 14*, 205-218.

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