

Mental Toughness Checklist

Rate yourself on a scale of 1-10	Jan	Feb	Mar	Apr	May	Jun
Consistent use of mental skills in practice						
Have challenging goals & an action plan/working it						
Accept full responsibility for myself, action, decisions						
Coping effectively with pain, injury, illness fatigue						
Recover quickly from disappointment, mistakes, failures						
Have & use a plan for dealing with fear,anger,nerves, pressure						
Maintain good focus;shutting out distractions						
Leaving outside issues out of training/competitive arena						
Have a positive attitude-no whining, crying, excuses						
Training with self-motivation, strong work ethic						
Accept criticism, open minded, make corrections						
Making a consistent, genuine & persistent effort						
Maintain high level of confidence 24/7						
Challenging myself, taking risks, testing limits						
Competing my best, no matter what the situation						

	July	Aug	Sept	Oct	Nov	Dec
Consistent use of mental skills in practice						
Have challenging goals & an action plan/working it						
Accept full responsibility for myself, action, decisions						
Coping effectively with pain, injury, illness fatigue						
Recover quickly from disappointment, mistakes, failures						
Have & use a plan for dealing with fear,anger,nerves, pressure						
Maintain good focus;shutting out distractions						
Leaving outside issues out of training/competitive arena						
Have a positive attitude-no whining, crying, excuses						
Training with self-motivation, strong work ethic						
Accept criticism, open minded, make corrections						
Making a consistent, genuine & persistent effort						
Maintain high level of confidence 24/7						
Challenging myself, taking risks, testing limits						
Competing my best, no matter what the situation						