

Mental Toughness

Mental toughness is a natural and learned psychological edge that allows you to:

- Cope better than your opponents with the demands of sport
- Be better and more consistent than your opponents in remaining:
 - Determined
 - Focused
 - Confident
 - In control under pressure

Mentally tough athletes:

1. Have a strong, internal and [unquenchable desire](#) to succeed
2. Compete against their own [personal standards](#) and play to the level of their potential
3. Believe that they possess [unique strengths](#) that makes them better than their opponents
4. Possess an [unshakable belief](#) in their ability to achieve their goals
5. Bounce back from set-backs with optimism, hope and [dogged determination](#)
6. [Push through their limits](#) and give a little bit more when stressed
7. Remain [present focused](#) on the task at hand
8. Regain [mental control](#) and refocus following uncontrollable events
9. Accept [competitive anxiety](#) and know that they can cope with their nervousness
10. Thrive on the [performance pressure](#) of competition
11. Have a [focused resilience](#) and remain focused on sport despite life's distractions
12. Own a [balanced perspective](#) and switch their sport focus on and off as needed

