# Attitude in action




Mental Toughness is often described as a “can do” attitude; however, it is more than just an attitude it is also about “doing”

Mental Toughness is not just about self-belief, it’s not just believing that you have the ability to deal with and face up to what happens to you; it is also about knuckling down and tackling those difficult situations

Confidence & Control provides us with the belief in our self, and Challenge & Commitment provides us with the belief in our actions

Confidence & Control without Challenge & Commitment may well lead to self-assurance

Challenge & Commitment without Confidence & Control may well lead to reckless adventures

It is the combination of self-belief and external action that makes us mentally tough