

# Mental Toughness Indicators



Mental Toughness is made up from Confidence, Commitment, Challenge and Control; here are a couple of indicators for each of the Mental Toughness 4Cs

## Control

- **You feel you shape what happens.** You understand that success is down to you and your attitude towards what you want to achieve.
- **You are difficult to provoke or annoy.** You have a strong sense of emotional control and can choose how much of your emotional state you want to reveal to others.

## Commitment

- **You like goals and measures as they describe what success looks** Providing the goal is reasonable and achievable, you will do what it takes to achieve it. You set high standards for yourself and others.
- **You like ownership, acceptance, and responsibility.** You are judged by others for your reliability. They know they can trust you to 'get it done'.

## Challenge

- **You actively look for challenges** and enjoy taking the risk of moving out of your comfort zone.
- **You enjoy learning.** You are motivated by achievement and constantly seek improvements and ways of doing things better.

## Confidence

- **You will stand your ground.** You are not easily intimidated and have the confidence to face criticism. You easily engage in group activities.
- **You're happy to ask questions.** You are confident in your abilities so would never feel stupid asking questions. Asking questions helps increase your competence.