

## Mental Toughness – 4 C's Overview

### Challenge

Some consider challenges, problems and changes to be opportunities – others see these as threats



#### Low scores

Don't like sudden changes  
 Don't like shocks  
 Avoid challenges  
 Fear of failure  
 Averse to effect  
 Intimidated by challenge

#### High scores

Seek challenge  
 Like problem solving  
 Create and provoke change  
 Make an effort  
 Easily bored

### Control

Some feel in control and have influence – others feel that things happen to them and they have little control



#### Low scores

Don't feel in control and can be anxious  
 Prefer to handle one thing at a time  
 Poor time management  
 Freeze when overloaded  
 Feel things happen to them  
 Show emotions when provoked

#### High scores

Feel in control  
 Can handle lots of things at one time  
 Good time management  
 Good at controlling emotions  
 Difficult to provoke or anger  
 Do not appear anxious

#### Control (emotion)



High scorers control emotions better, keep anxieties in check and don't reveal their emotional states to others

#### Control (life)



High scorers believe they can control their lives, that they can make a difference and won't be thwarted

### Confidence

Some will have the self belief to successfully complete tasks, others will be unsettled by setbacks & give in



#### Low scores

Give up easily and won't do something if it looks hard  
 Will back down quickly if challenged  
 Reluctant to express a view in discussion  
 Reluctant to ask questions for fear of 'looking stupid'  
 Will allow others to dominate

#### High scores

Keep going  
 Setbacks make them more determined  
 Make most of abilities  
 Happy to ask questions and be the centre of attention  
 Will just get on with it

#### Confidence (abilities)



High scorers believe they are worthwhile and don't need much external validation. Tend to be optimistic

#### Confidence (interpersonal)



High scorers tend to be more assertive. Less likely to be intimidated and will push forward in social settings

### Commitment

Some like working to clear measured goals and targets. Others are more easily distracted or bored



#### Low scores

Don't like goals and targets they induce paralysis  
 Goals appear overpowering  
 Give up more easily  
 Easily distracted  
 Unwilling to make an effort or give up something less important

#### High scores

Work hard/stay focused  
 Motivated by measures  
 Goals are translated into something achievable  
 Prepared to do what it takes  
 Maintain focus

## Resilience Self-Assessment

1. Use the grid below to dot plot where you feel your **CURRENT** level is on each of the 6 sub-scales of Mental Toughness. 1 being low, 10 being high. Draw a line to connect the dots, as shown in the example.
2. Now enter your **DESIRED** levels and join the dots.
3. Notice the two patterns: similarities, gaps, overall impact.
4. Now consider your commitment to action.

