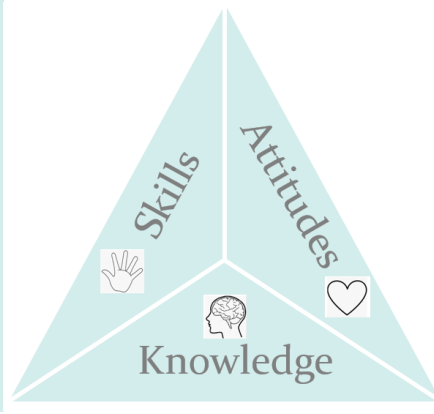


# CLUTTERBUCK

## cricket academy

### 9 core attitudes/behaviours – definitions

1. Desire
2. Responsibility
3. Self confidence
4. Self Esteem
5. Emotional control
6. Commitment
7. Mental toughness
8. Humility
9. Concentration



### Desire

A strong feeling of wanting to have something or wishing for something to happen

### Responsibility

Having a duty to deal with something or having control over someone – a true leader takes responsibility for their team and helps them achieve goals.

Being accountable or to blame for something

### Self confidence

A feeling of trust on one's abilities, qualities and judgement

### Self Esteem

Confidence in one's own worth - self-respect

## Emotional control

Ability to respond to the ongoing demands of experience with the range of emotions in a manner that is socially tolerable and sufficiently flexible to permit spontaneous reactions as well as the ability to delay...

## Commitment

Being dedicated to a cause or activity

An engagement or obligation that restricts freedom of action

## Mental toughness

The ability to resist, manage and overcome doubts, worries, concerns and circumstances that prevent you from succeeding, or excelling at a task or towards an objective or a performance outcome that you set out to achieve.

“When the going gets tough, the tough get going” is one way to say it.

The ability to consistently perform towards the upper range of your talent and skill regardless of the competitive circumstances

Is a measure of individual resilience and confidence that may predict success in sport, education and the workplace

## Humility

Having a modest or low-level view of one's importance – being humble. Someone who spends his life taking care of others shows humility.

## Concentration

The action or power of focusing all one's attention.

Ability to give your attention or thought to a single object or activity