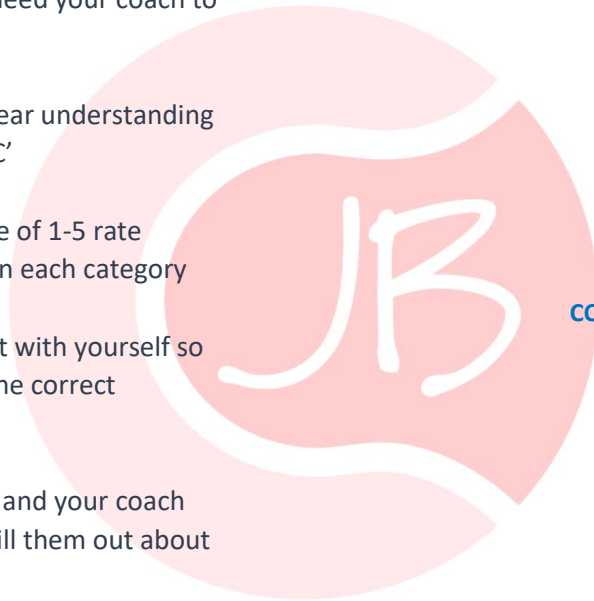


MENTAL TOUGHNESS CHART - 6 C'S

How to fill out the chart

- ✓ You will need your coach to help you
- ✓ Have a clear understanding of each 'C'
- ✓ On a scale of 1-5 rate yourself in each category
- ✓ Be honest with yourself so you get the correct feedback
- ✓ Both you and your coach need to fill them out about you
- ✓ Converse with coach on differences or similarities
- ✓ Work together to bring up



CONTROL

COMPETITIVE

COMMITMENT

COURAGE

CONFIDENT

COMPOSED

