

6. Training Your Mind to Overcome Pressure and Underperformance

Quiz :

Question 1 of 9

Felipe starts a daily success log. He identifies three things he did well today and one thing he wants to improve tomorrow. What is the third thing he must identify?

- ☐ one long-term thing he wants to improve
- ☐ one thing he wants to accomplish this week
- ☒ **one thing he can do to make the improvement tomorrow**

Question 2 of 9

What is the number one variable for performance?

- ☐ ability
- ☒ **self-confidence**
- ☐ practice

Question 3 of 9

How does the regular use of a success log influence Kelcie's mental toughness?

- ☒ **It helps her identify things she does well.**
- ☐ It helps her track her progress against goals.
- ☐ It helps her ignore her mistakes.

Question 4 of 9

Karina is the caretaker for her father who has dementia. While she cannot change her father's health, how can she help the situation each day?

- ☒ **Look for small improvements.**
- ☐ Use problem-centric thinking.
- ☐ Research dementia treatments.

Question 5 of 9

Mateo is dealing with a stressful situation at work. Why should he acknowledge his negative emotions?

- ☐ so he can resist the emotions
- ☒ **so he can focus on what he can control**
- ☐ so he can think more about the problem

Question 6 of 9

To meet her short- and long-term goals, Jada is using the framework of achievement. What must she do to establish the integrity piece of the framework?

- ☐ Visualize how integrity helps her reach her goals.
- ☐ Visualize where she will be in five years.
- ☒ **Visualize what she has to do each day.**

Question 7 of 9

What is relentless solution focus?

- ☐ a method of studying successful people

- ☒ **a method of training our brains to focus on solutions**
- ☐ a method of developing innovative solutions

Question 8 of 9

Emily made a mistake during a presentation and then spent her entire evening replaying the mistake in her mind. What is this an example of?

- ☐ mental toughness
- ☒ **expectancy theory**
- ☐ abnormal focus

Question 9 of 9

When Deepak starts worrying about a problem, what relentless solution focus (RSF) tool question should he ask himself within 60 seconds to help him reduce stress?

- ☐ "Where can I get answers to help me with this problem?"
- ☐ "How can I stop focusing on this?"
- ☒ **"What is one thing I could do that would make this better?"**