

Mental Toughness Course Outline

Introduction

Section 1:

1. Why Mental Toughness?
2. Designing for Mental Toughness
3. Mental Toughness and Grief
4. Core features of Mental Toughness

Section 2:

5. Confidence
6. What is not confidence
7. Confidence Checklist

Section 3:

8. Adaptability
9. Adaptability Checklist

Section 4:

10. Optimism
11. Toxic Positivity
12. Gratitude Journal
13. Gratitude Journal Writing Sample

Section 5:

- 14. Thinking Traps
- 15. Thinking Traps checklist

Section 6:

- 16. Goal Setting
- 17. Personal Pledge
- 18. Review our Plan
- 19. Goal Setting Checklist

Section 7:

- 20. Self-Care
- 21. Support Group & Challenge Group
- 22. Self-compassion Techniques

Section 8:

- 23. Mental toughness and relationship
- 24. Relationship checklist

Section 9:

- 25. Final Thoughts
- 26. For Further Research