

## 10 Tips for Mental Toughness

- 1 Ensure you are saying only **encouraging** things to yourself when under pressure.
- 2 Recall past personal **successes** just before and during high pressure situations.
- 3 Rigidly **ensure** thoughts of failure are rejected as soon as they enter your mind.
- 4 Anticipate what is likely to go wrong before it does, and **prepare** for the eventuality long before you enter a high-pressure scenario.
- 5 Get **involved** as much as possible in the kind of situation where high pressure demands will be made of you in the future, do not avoid the predicament until you absolutely have to deal with it.
- 6 No matter what distracting or upsetting thing happens when under pressure - remind yourself what your original aim was and stay **focused** on your goal.
- 7 If something goes wrong with your performance do not **interpret** this as meaning you are entirely at fault.
- 8 Review past mistakes under high pressure situations, and seek to **improve** in the areas where your skills were deficient, before the next situation arrives.
- 9 **Confide** in those close to you who you can trust about your feelings of stress and worries about personal vulnerability - it takes strength to admit to weakness.
- 10 Learn to take risks and **accept** the inevitable failures as part of the process of 'steeling'.