



PLEASE SAY IF EACH STATEMENT IS NOT LIKE YOU, A BIT LIKE YOU,
OR A LOT LIKE YOU BY TICKING **ONE** OF THE 3 BOXES

| | Item | Not like me | A bit like me | A lot like me | Reason or Evidence for Scoring |
|----|--|-------------|---------------|---------------|--------------------------------|
| | Coding | A | B | C | |
| 1 | I'll stand my ground when others argue with me | | | | |
| 2 | When things go right, I believe this success is down to me | | | | |
| 3 | I always finish what I start | | | | |
| 4 | I get excited when asked to do something different | | | | |
| 5 | I am good at most things | | | | |
| 6 | When people upset me I handle it well | | | | |
| 7 | I like to try new things | | | | |
| 8 | My work is nearly always better than other people's work | | | | |
| 9 | I can keep smiling even if I feel low | | | | |
| 10 | If I work hard I think I'll get what I want | | | | |
| 11 | I like to be the leader in a group | | | | |
| 12 | When I make a promise I always try hard to keep it | | | | |

Question 11

Question 1

| <u>Interpersonal Confidence</u> | A = 1 | B = 2 | C = 3 |
|---------------------------------|---------------------------|----------------------------|----------------------------|
| A = 1 | Low (2) | lower than average (3) | Average (4) |
| B = 2 | lower than average (3) | Average (4) | higher than average (5) |
| C = 3 | average (4) | higher than average (5) | High (6) |

Question 10

Question 2

| <u>Life Control</u> | A = 1 | B = 2 | C = 3 |
|---------------------|---------------------------|----------------------------|----------------------------|
| A = 1 | Low (2) | lower than average (3) | Average (4) |
| B = 2 | lower than average (3) | Average (4) | higher than average (5) |
| C = 3 | average (4) | higher than average (5) | High (6) |

Question 12

Question 3

| <u>Commitment</u> | A = 1 | B = 2 | C = 3 |
|-------------------|------------------------------|-------------------------------|-------------------------------|
| A = 1 | Low (2) | lower than average (3) | Average (4) |
| B = 2 | lower than average (3) | Average (4) | higher than average (5) |
| C = 3 | average (4) | higher than average (5) | High (6) |

Question 7

Question 4

| <u>Challenge</u> | A = 1 | B = 2 | C = 3 |
|------------------|------------------------------|-------------------------------|-------------------------------|
| A = 1 | Low (2) | lower than average (3) | Average (4) |
| B = 2 | lower than average (3) | Average (4) | higher than average (5) |
| C = 3 | average (4) | higher than average (5) | High (6) |

Question 8

Question 5

| <u>Confidence in Abilities</u> | A = 1 | B = 2 | C = 3 |
|--------------------------------|---------------------------|----------------------------|----------------------------|
| A = 1 | Low (2) | lower than average (3) | Average (4) |
| B = 2 | lower than average (3) | Average (4) | higher than average (5) |
| C = 3 | average (4) | higher than average (5) | High (6) |

Question 9

Question 6

| <u>Emotional Control</u> | A = 1 | B = 2 | C = 3 |
|--------------------------|---------------------------|----------------------------|----------------------------|
| A = 1 | Low (2) | lower than average (3) | Average (4) |
| B = 2 | lower than average (3) | Average (4) | higher than average (5) |
| C = 3 | average (4) | higher than average (5) | High (6) |

PLEASE OUTLINE THE ACTION YOU WILL TAKE FOR EACH MENTAL TOUGHNESS SCALE, WHETHER YOU INTEND TO ADJUST, IMPROVE, DECREASE OR STAY THE SAME

| | Scale | Total Score | Action I will take: |
|--|--------------------------|--------------------|----------------------------|
| | Interpersonal Confidence | | |
| | Life Control | | |
| | Commitment | | |
| | Challenge | | |
| | Confidence in Abilities | | |
| | Emotional Control | | |