

Mental Toughness Assessment

		10	9	8	7	6	5	4	3	2	1	
1	Even-tempered											Moody
2	Resilient											Non-resilient
3	Competitive											Non-competitive
4	Self-reliant											Dependent
5	Committed											Uncommitted
6	Aggressive											Passive
7	Confident											Insecure
8	Patient											Impatient
9	Disciplined											Undisciplined
10	Optimistic											Pessimistic
11	Responsible											Irresponsible
12	Realistic											Unrealistic
13	Challenged											Frightened
14	Coachable											Un-coachable
15	Focused											Unfocused
16	Mature											Immature
17	Motivated											Unmotivated
18	Emotionally flexible											Emotionally rigid
19	Good at problem solving											Poor at problem solving
20	Willing to take risks											Unwilling to take risks
21	Skilled at riding											Unskilled at riding
22	Strong in body language											Weak in body language
23	Relaxed											Tense
24	Energetic											Non-energetic
25	Physically fit											Physically unfit