

# Ten things you should know & do to improve your mental toughness



## Pay The Price

One of the distinguishing attributes of every successful performer I have worked with is their understanding that to get something worthwhile takes extraordinary continuous effort and hard work.

They have an unsatiable appetite to work their way to their goal

## Choose your Attitude

To become good at anything in life takes a particular attitude.

It becomes a thing that defines you and your behaviour everyday.

To become great takes an attitude and approach that not many are willing to make

## Check your Response

One thing I can guarantee in any quest to achieve is that it is not easy.

Obstacles can be temporary barriers to overcome or a weight that you make unsurpassable.

How you respond to adversity, success and progress will determine how steep your learning curve and consequently your achievements will become

## Make the right choices

We are confronted with numerous choices everyday. To be successful in any domain means making better choices than the 'norm'

Choices in behaviour, thoughts, feelings, and responses all contribute to how close you get to fulfilling your potential

## Control the Controllables

Many of the things that hold performers back are uncontrollable factors. It is our approach to these factors that can either help or hinder our performance.

Generally, a useful rule of thumb is to control the things you can control & learn to ignore, deal with or reframe the things you cannot.

## Mind your Language

It is amazing how simple things we say, or thoughts we have, can impact on the results we achieve.

In particular, words can be an incredibly powerful factor in contributing to our success or failure, however we define them.

Be mindful of your thoughts and words, and choose to reframe the words of others carefully

## Be humble & honest

Don't make excuses for failure, Be honest with yourself and others around you.

Show humility when playing the game, and for those who help you.

Be kind and considerate to others

## Accept what happens & learn from it

If we can accept what happens more easily, we can learn to move on quickly. Get over things.

Don't hold grudges, reflect too much on failure or success, simply accept, learn and improve

## Be a student of the game

Learn all you can about the game. What factors contribute to success; what factors will help you achieve your potential? Learn from the greats and others in the sport and learn from other sports. Success comes in many forms and the components of success vary from person to person. Armed with knowledge, you could make better decisions and fast track your learning and improvement

## Your tennis does not define you

Too many athletes rely on their success in sport to give them their confidence and self-esteem. Whilst it is great to feed off success in this way, your sport does not define you. Maintain dignity, humility, learning, work rate, trust in your team in order to develop robust self-confidence and self-esteem that does not rely on your sporting success