



Project

In the course, Roberto highlights 16 key components of mental toughness in tennis. Some may seem very obvious, others not so much. Many of the skills and strategies will overlap with each other (e.g. never Gove up (T3) and second set challenge (T15). Understand that there is a benefit of the specificity of each component and the overlaps will only reinforce the benefits of improving your mind set and ultimately your mental toughness and resilience.

Indicate below your marks out of ten at the start of the course (maybe include a coach grade as well). After practicing the skills in training over the next few weeks, give yourself another grade and see where the differences and improvements lie.

Always review these aspects (perhaps after every match) and see where you can make small improvements. Remember it is important that you make incremental improvements going forward so constantly review these 16 key aspects.

Your mental toughness check list

Mental Toughness Component, skill or strategy	Your Initial Grade	Coach initial Grade	Grade after completing course	Coach grade after completing course
#1 – Acceptance	/10	/10	/10	/10
#2 – Preparation	/10	/10	/10	/10
#3 – Never Give Up	/10	/10	/10	/10
#4 – No ‘shoulds’ or ‘musts’	/10	/10	/10	/10
#5 – No Excuses or blame	/10	/10	/10	/10
#6 - Expectations	/10	/10	/10	/10
#7 – Mistake Management	/10	/10	/10	/10
#8 – Attributions	/10	/10	/10	/10
#9 – Compartmentalising	/10	/10	/10	/10
#10 – No ‘bad days’	/10	/10	/10	/10
#11 – Calm Reviewer	/10	/10	/10	/10
#12 – Relish the opportunity	/10	/10	/10	/10
#13 – Control the Controllables	/10	/10	/10	/10
#14 – Be Comfortable being Uncomfortable	/10	/10	/10	/10
#15 – 2 nd Set CHallenge	/10	/10	/10	/10
#16 – Mind Your Languague	/10	/10	/10	/10