

Mental Toughness

“Mental toughness is a term used by professionals and lay people alike, particularly those individuals involved or interested in sport, to describe the psychological qualities of people who achieve outstanding performance.” (Daniel F. Gucciardi and Sheldon Hanton)

Mental Toughness Index

To measure your mental toughness, please respond to the following statements. Circle the number that best represents your current self-rating. Total the score.

1 = strongly disagree, 2 = disagree; 3 = neutral, 4 = agree, 5 = strongly agree

1. I believe in my ability to achieve my goals. Self-belief	1	2	3	4	5
2. I am able to regulate my focus when performing tasks. Attention regulation/Concentration	1	2	3	4	5
3. I am able to use my emotions to perform the way I want to. Emotion regulation/Intelligence	1	2	3	4	5
4. I strive for continued success. Success mind-set/Achievement motivation	1	2	3	4	5
5. I effectively execute my knowledge of what is required to achieve my goals. Context knowledge/regulation (street smarts, sport IQ)	1	2	3	4	5
6. I consistently overcome adversity. Bounce back/Buoyancy/Resilience	1	2	3	4	5
7. I am able to execute appropriate skills or knowledge when challenged. Task awareness	1	2	3	4	5
8. I can find a positive in most situations. Dispositional optimism	1	2	3	4	5

Gucciardi, D. F., Hanton, S., Gordon, S., Mallett, C. J., & Temby, P. (2015). The concept of mental toughness: Tests of dimensionality, nomological network and traitness. *Journal of Personality, 83*, 26-44.