

# MENTAL PERFORMANCE ATTRIBUTES

Reference the mental performance attributes that support resilience and the skills you can practice to develop them.



A mental performance attribute is a characteristic or inherent part of someone's mental game.

Mental performance attributes can be improved by practicing mental performance skills.

## OPTIMISM

Knowing things may go wrong, but trusting in your ability to handle setbacks and use them to fuel future growth.

### Skills to practice:

- Reflection
- Visualization
- Reframing

## FOCUS

Concentrating on the right things at the right time and refocusing after becoming distracted.

### Skills to practice:

- Mindfulness
- Reset Routines
- Focus Cues

## CONFIDENCE

Believing in your ability to succeed no matter the obstacle, problem, or task.

### Skills to practice:

- Self-Talk
- Body Language
- Visualization

## MOTIVATION

Knowing why you compete and having the drive to improve.

### Skills to practice:

- Goal Setting
- Reflection
- Gratitude
- Identifying Values