

MENTAL PERFORMANCE ATTRIBUTES

Use this resource to reference some common mental performance attributes and the mental performance skills you can practice to develop them.



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

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

FOCUS

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

Skills to practice:

- Managing Distractions
- Refocusing
- Mindfulness

CONFIDENCE

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

Skills to practice:

- Self-Talk
- Body Language
- Visualization

RESILIENCE

Finding a way to perform under pressure and maintaining optimal functioning in challenging situations.

Skills to practice:

- Rational Thinking
- Values
- Using Social Support
- Committed Action

COACHABILITY

Learning from mistakes and actively seeking feedback.

Skills to practice:

- Goal Setting
- Growth Mindset
- Active Listening
- Adaptability

HANDLING PRESSURE

Finding a way to perform at your best in important situations.

Skills to practice:

- Breathing
- Routines
- Relaxation

MOTIVATION

Knowing why you compete and having the drive to improve.

Skills to practice:

- Goal Setting
- Reflection
- Gratitude
- Identifying Values

