



WIN THE DAY

4 C'S OF MENTAL STRENGTH

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CONFIDENCE → **BELIEF IN SELF AND TRUST IN ABILITIES
(SEEN IN ONE'S COMMUNICATION, BODY LANGUAGE,
AND PERFORMANCE)**

CONTROL → **BEING ABLE TO MANAGE SELF-TALK,
EMOTIONS, AND BEHAVIORS**

COMMITMENT → **STICKING TO TASKS AND GOALS, EVEN WHEN
PHYSICALLY OR MENTALLY DIFFICULT TO DO SO**

CHALLENGE → **TAKING OPPORTUNITIES TO BETTER ONESELF AND
GROW, TAKING RISKS, AND STEPPING OUTSIDE OF
COMFORT ZONE**

INDIVIDUAL REFLECTION:

Which C of mental strength do you feel you demonstrate the best? Why?

Which C of mental strength do you want to focus on improving? How will you?