

## ENHANCE YOUR CHILD'S MENTAL TOUGHNESS

- 1) **Assess motivation**
  - Most children do things for multiple intrinsic reasons: to have fun, to be with their friends, to improve their skills, and to make a contribution
  - Reinforce intrinsic motivation by asking if they enjoyed the work, if they used any specific skills; don't let the first question be "What did you score in your test?"
  - Avoid over-emphasizing achievement or being the best; this can lead to an over-reliance on social comparison, an increased need for external rewards and feedback, unhealthy behaviours
- 2) **Set appropriate goals**
  - Set process, performance, and outcome goals but keep the focus on the fundamentals of the immediate goal
  - Make sure children set goals that are controllable and realistic
  - Set goals relative to their own standards (increases perceptions of competence)
  - Set goals for practice and encourage children work to improve something each day
  - Deemphasize outcome, keep achievement in perspective and encourage your child to do the same
- 3) **Seek balance**
  - Help your child to develop a well-rounded identity
    - Compliment your child but focusing on effort rather than achievement
    - Encourage participation in other activities
- 4) **Interact positively**
  - Encourage, congratulate, and console-be supportive of your child and of everyone else around you
  - Encourage your child to be reflective
- 5) **Support your child**
  - Reinforce that if they need you, you will be there to support them
  - Help your children to set and meet their responsibilities to themselves, school and home (being on time, staying in shape, eating healthy foods, etc...)
  - Show unconditional support and teach them how to be supportive and show empathy
- 6) **Teach life skills**
  - Help your child to understand the many lessons the importance of time management, cooperation, teamwork, leadership and dedication
  - Talk with them about ways to handle disagreements with others, looking at the issue from all sides

## RAISING THE BAR

<b>Peak Performance Zone</b>	<i>What can I do to improve each day?</i>
<b>Comfort Zone</b>	<i>What do I need to do to be content?</i>
<b>Pride Zone</b>	<i>What is the minimum expected of me?</i>

### 10 TIPS FOR IMPROVING YOUR CHILD MENTAL THOUGHNESS

*Each day ask yourself, “What will I do today to make myself better than yesterday?”*

- Always work to get better. Ask for feedback from parents, teachers and friends.

*Train your mind and your body.*

- The difference between good and great often comes down to your mindset; talent and intelligence only gets you so far.
- Know your focus, your attitude, and your energy level when you perform at your best and recreate it every time.

*Choose to be confident.*

- Confidence comes from preparation, intrinsic motivation, and focus.

*Focus on yourself and on playing and practicing your best.*

- Others may have more experience, but you’re not being asked to be them. You are expected to do what you can do and do it to the best of your ability.

*Control the controllable.*

- You don’t control other people. You only control your own self and your own mindset. Make sure you do the little things necessary to succeed.

*Focus on the task not the situation.*

- Don’t complicate things by making it more than it is. You just need to put the effort into what you are trying to achieve you.

*Be your own biggest cheerleader.*

- Never tell yourself anything that you wouldn’t let anyone else get away with.

*Choose your mindset*

- Know your attitude, your role, your strengths, your daily goal, and others’ expectations.

*Know what you are working towards.*

- Know where you want to end up. Each day can take you one step closer to your ultimate goal, but only if you choose to make the most of each moment. Set specific, realistic, process-oriented goals for practice and competition.

*Align expectations with reality.*

- Have an honest assessment of your skills, ability, and your role on the team.

***Positive Action**, offers Mental Toughness evaluation and coaching on a one-to-one basis. Coaching focuses on bringing awareness to the individual in the present and what the future looks like, so it is different from therapeutic services such as Counselling, which often look at the past with a view to better understanding the here and now. Coaching facilitate the exploration of needs, motivations, desires, skills and thought processes to assist the individual in making real, lasting change.*