

## Scorecard on Mental Fortitude

- How often do I find myself viewing challenges as opportunities for growth rather than obstacles?
- Can I recall a recent situation where I adopted a growth mindset? How did it impact my response and the outcome?
- In what ways am I actively working to cultivate a growth mindset in my daily life?
- How well do I understand and manage my own emotions during stressful situations?
- How effectively am I recognizing and responding to the emotions of my team members?
- Can I identify a recent instance where my emotional intelligence helped resolve a conflict or improve a relationship?
- What resilience practices (e.g., mindfulness, goal-setting) am I currently incorporating into my routine?
- How do I handle setbacks or failures, and what strategies do I use to bounce back from them?
- Reflecting on a recent challenge, how well did I manage my stress and maintain focus? What could I do differently next time?
- Who are the key people in my support network, and how often do I seek their guidance or support?
- How do I contribute to and strengthen the support network of my team?
- In what ways can I expand or enhance my support network to better assist me in my leadership role?
- How consistently do I prioritize self-care activities such as exercise, healthy eating, and rest?
- What self-care practices have I found most effective in maintaining my mental and physical well-being?
- Can I identify any areas where my self-care routine could be improved?
- How might these changes impact my overall resilience and performance?