

Scorecard on Mental Toughness

- Do I have clear boundaries in place to protect my mental and emotional energy?
- How well do I balance pushing through tough times with taking breaks to avoid burnout?
- Do I celebrate small wins in my business, or do I only focus on the big goals?
- How often do I take a moment to acknowledge my progress, even if it's just a small step forward?
- How confident am I in my ability to handle challenges in my business?
- Do I trust myself to figure things out, or do I often second-guess my decisions?
- Am I committed to my long-term business goals, even when the road gets tough?
- How do I stay motivated to pursue my goals when obstacles arise?
- Do I view difficult situations as challenges to grow from, or do I feel defeated by them?
- How can I shift my perspective when I face adversity?
- How much control do I feel I have over my business outcomes?
- Do I take responsibility for steering my business, or do I let external factors dictate my success?
- Have I read any books on mental toughness or sought resources to improve my mental resilience?
- How proactive am I in learning new ways to strengthen my mental toughness?
- When I face a tough decision, how well do I manage my emotions in that moment?
- Do I take a step back to think clearly, or do my emotions cloud my judgment?