

# TeamVR Mental Toughness Assessment



STATEMENTS (5 IS strongly agree; 1 is strongly disagree)	5	4	3	2	1
I have a Purpose statement for my career or business?					
I rely on my core values when facing challenges or setbacks to keep me centered?					
I measure my success by my effort and daily behaviors rather than by my results?					
I have a vision statement for my future and regularly reflect on it?					
I have a bulleted list of daily behaviors I track to measure my performance and progress.					
I focus on solutions when faced with adversity rather than focusing on the problem?					
I am connected to what I want my LEGACY to be?					
I have an annual business plan to establish clarity and focus?					
<b>TOTAL</b>					