

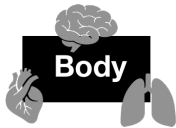







MENTAL TOUGHNESS

Event:				 Emotions
AUTOMATIC				
INTENTIONAL				

PHYSICAL TOUGHNESS

Event:				 Emotions
AUTOMATIC				
INTENTIONAL				

BODY LANGUAGE

WHAT:

WHEN:

CHARACTER

WHAT:

WHEN:



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MENTAL TOUGHNESS

	Worst				Best
Overall	1	2	3	4	5
Bad Call	1	2	3	4	5
Loss	1	2	3	4	5
Bench	1	2	3	4	5
Teammate	1	2	3	4	5
Total: _____/25					

PHYSICAL TOUGHNESS

	Worst				Best
Overall	1	2	3	4	5
Pain	1	2	3	4	5
Sprints	1	2	3	4	5
End of Game	1	2	3	4	5
Get Physical	1	2	3	4	5
Total: _____/25					

BODY LANGUAGE

	Worst				Best
Overall	1	2	3	4	5
Positive Emotion	1	2	3	4	5
Teammates	1	2	3	4	5
Opponents	1	2	3	4	5
Selfless	1	2	3	4	5
Total: _____/25					

CHARACTER

	Worst				Best
Cut Corners	1	2	3	4	5
Permission	1	2	3	4	5
Build Culture	1	2	3	4	5
Trust, Cohesion, Coop.	1	2	3	4	5
Leadership	1	2	3	4	5
Total: _____/25					

NOTES:



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