

Mental Toughness Questionnaire

Instructions:

Rate your agreement with each statement below using the following scale: Be honest—this is about self-awareness, not perfection.

1 = Always (100%)

2 = Often (about 75%)

3 = Sometimes (about 50%)

4 = Rarely (less than 25%)

5 = Never (0% of the time)

Section 1: Drive and Determination

1.	I am determined to succeed.	
2.	Do you persevere?	
3.	Do you visualize what you don't have but hope for and work towards what you want?	
4.	When you feel there is no reason to believe it will happen, do you have the faith to work harder?	
5.	Do you believe you can?	
6.	Are you willing to work harder than anyone else?	
7.	Are you willing to sacrifice time, energy, and effort at all costs to meet your goal?	
8.	I have a deep commitment to succeed at work.	
9.	I desire to be the best at what I do.	
10.	I'm willing to do what others won't to succeed.	
11.	When I don't reach my goal, it makes me want to try harder.	
12.	I believe I have the power to change my circumstances.	
13.	I have more potential in my effort to give more.	

Section 2: Emotional Control & Focus

14.	Do your emotions stay in a challenge or give up easily?	
15.	I make good decisions under pressure.	
16.	When I make mistakes, I can maintain focus on what's next.	
17.	I can control my emotions when working.	
18.	I can manage my emotions when things don't go as planned.	
19.	I can control distracting thoughts when working to stay on task.	
20.	I don't lose sight of my daily goal when under stress.	
21.	Are you in control of your actions and emotions?	
22.	My strength lies in my ability to manage how I respond to what is happening, both in my actions and emotions.	

Section 3: Resilience & Recovery

23.	I don't give up even when the odds are against me.	
24.	I don't lose belief in myself when I fail.	
25.	I can overcome self-doubt when it comes.	
26.	I understand my potential is limited by how I think.	

Section 4: Courage & Self-Belief

27.	I am willing to face my fears.	
28.	I am not afraid of others and what they think of me.	
29.	I am a leader in my work and among those who know me.	
30.	I do not giveaway my power to others.	

Scoring

Add up your total score	
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Score Range Interpretation (Total Possible Score: 30–150)

Score 30–60 / Mentally Tough - This range indicates a strong command over emotional resilience, concentration, and the ability to remain composed in high-pressure situations. You likely demonstrate a proactive approach to challenges, turning obstacles into fuel for growth and rebounding quickly from setbacks; your emotional regulation and sense of purpose act as steady internal anchors.

Proactive Suggestions

- Mentor strategically: Pass your insights on to others, it refines your own skill. Create reflective tools to guide others through their mindset.
- Pursue high-stakes goals: Take on complex projects where failure isn't just possible—it's productive.
- Refine emotional nuance: Focus less on controlling emotions and more on leveraging them (e.g., use frustration to sharpen your goals, or pride to boost confidence in a team).
- Consider asking yourself: What patterns or habits help me stay grounded during times of chaos?

Reflection

- What role does discomfort play in my current growth?
- How do I ensure my standards evolve with my capabilities?
- Where could I stretch beyond competence into creativity or innovation?

Score 61–90 / Developing Mental Toughness - *In this range, you have cultivated meaningful tools, such as discipline, perseverance, and readiness to bounce back. However, you may still experience moments of hesitation, inconsistency, or difficulty with emotional regulation. These fluctuations suggest that while your mindset is on solid footing, there are specific “pressure points” that could benefit from refinement.*

Proactive Suggestions

- Track triggers and responses: Use journaling to spot patterns where your confidence dips or self-regulation slips.
- Use performance cues: Create short mental scripts like “breathe, refocus, continue” to use when pressure spikes.
- Practice scenario rehearsal: Mentally Walk through high-pressure moments before they occur (especially social or professional situations).

Reflection

- When I hesitate, what thought, or fear is leading the charge?
- What strengths am I underestimating or underusing right now?
- How can I make discomfort feel like a training ground instead of a test?

Score 91–120 / Emerging Awareness - *This score indicates that you're in a self-discovery zone, becoming aware of how your mindset influences your outcomes. Challenges such as inner criticism, low self-esteem, or performance anxiety can feel overwhelming at times. But this range is packed with potential: awareness is the threshold of growth.*

Proactive Suggestions

- Reframe self-talk: Practice turning “I can’t” into “I’m learning to...” or “This always happens” into “This is where I get to respond differently.”
- Name the inner voice: Give your inner critic a persona. When it pipes up, respond like you would to a friend—firmly, but kindly.
- Set micro-goals: Focus on one small action per day that builds mental strength (e.g., “Today I’ll sit with discomfort for five minutes before reacting.”)

Reflection

- What old beliefs am I dragging into new situations?
- If I treated my setbacks as feedback, how would my response change?
- What small win today could prove I’m already growing?

Score 121–150 /Needs Focus - (Foundational Growth) - *A score in this range doesn’t reflect failure. It reflects untapped capacity. Mental toughness may feel distant, but that’s precisely why this stage matters most. You may be experiencing frequent feelings of overwhelm, a lack of motivation, or difficulty recovering from stress. The good news? This is where transformation begins. Self-kindness and structure will carry you much farther than pressure or shame. There’s powerful growth available here when you permit yourself to take one intentional step at a time.*

Proactive Suggestions

- Anchor your days with simple, repeatable routines (e.g., start each morning noting one thing you can control).
- Regulate before you reframe: Before trying to change a thought, ground your body—through deep breathing, walking, or touchpoints like holding a cool object.
- Celebrate effort, not outcome: Use language like “I showed up for myself today” even if the outcome wasn’t ideal. These build trust in your process.

Reflection

- What emotions am I avoiding and what might they be trying to teach me?
- What structure would help me feel more capable, not more restricted?
- If my strength were already inside me, what would it look like in practice?