



3 Simple Steps to Start Building Mental Toughness



A Mental Skills Workbook for Athletes & Performers



Hi, I'm Demi Agai by -
a Mental Performance Consultant & founding
director of Beyond Horizons Performance
(BHP). Through BHP, I'm committed to
embedding psychological skills training and
mental wellness across athletic and artistic
spaces.

Let's build confidence, mental toughness, and resilience together!



What is Mental Toughness?

Mental toughness is:

- Remaining committed & disciplined despite low motivation.
- Knowing how to respond to and thrive under pressure.
- Practicing self-care and rest when needed.



You're allowed to be a work in progress!

Like many mental skills, mental toughness takes time to build. So chances are, you will ALWAYS be striving to unlock this mental skill at various levels.

Looking to start building this skill? Look no further! In this workbook, we'll look at 3 simple steps to help start your process.



1 Step Out of your Comfort Zone

Identify 3 performance goals you're currently striving towards:

- 1.
- 2.
- 3.

Now, identify 3 different environments that can help you reach each goal.

- 1.
- 2.
- 3.

What's holding you back from entering those spaces?



2 Monitor your Self-Talk

Self-talk is your internal dialogue, or in other words, the way you talk to yourself in your head. You can have positive self-talk ("I'm capable of finishing this") and negative self-talk ("I don't have what it takes")

What's the most common negative self-talk phrases you tell yourself?



When you they have a tendency to arise the most? Is there a trend?



Create 3 positive self-talk phrases that can motivate you to remain consistent & dedicated to your performance craft, especially when you're pushed out of your comfort zone!

Example: "I can do hard things"

1.

2.

3.

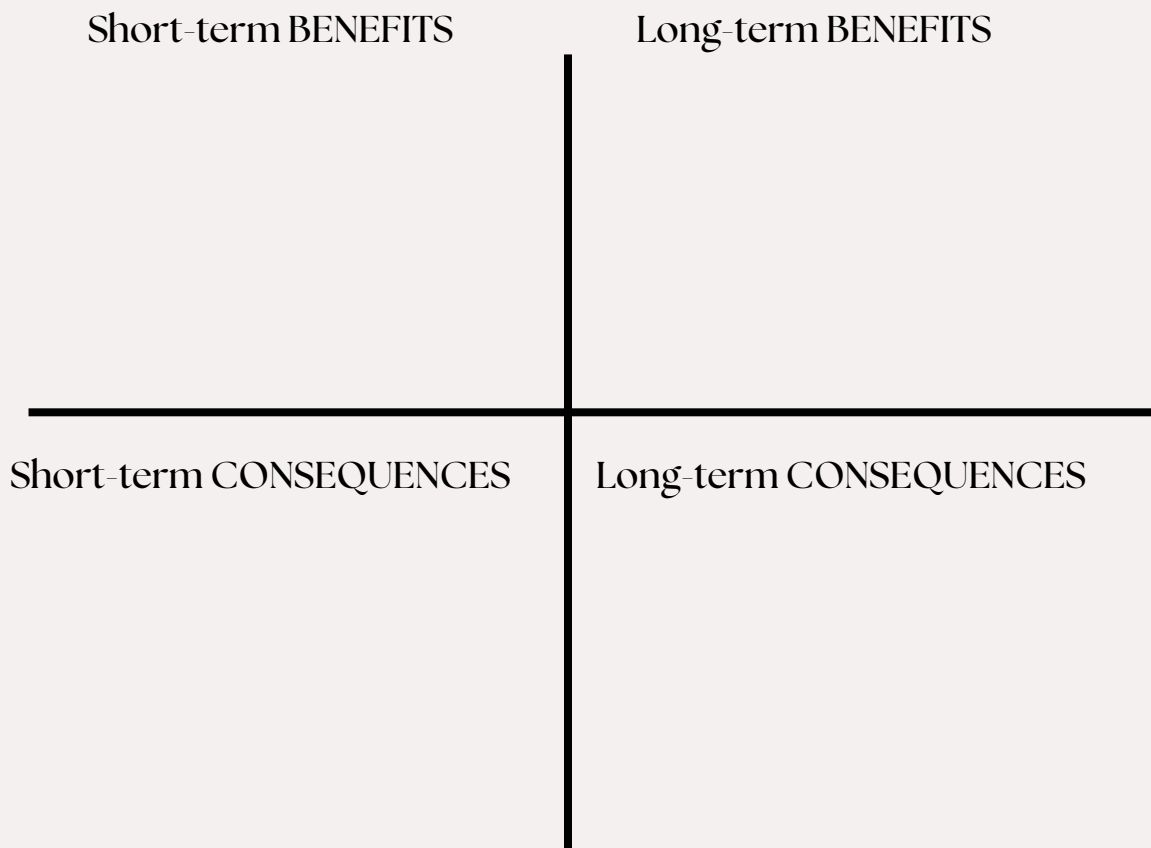
3 Translate Fear to Motivation

We can re-frame fear as a motivating experience. It's all about how we understand and approach those situations.

What's 1 underlying fear you have that is holding you back from stepping out of your comfort zone? For example: fear of failure, fear of other people's opinions.



If you WERE to step out of your comfort zone , and channel fear into motivation, what would be the...



Did you find this helpful?

Schedule your free discovery call [HERE](#) to dive more into how you can manage your pre-performance anxiety & rise to any occasion that comes your way!

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