

Making a start towards becoming a mentally tough orienteer (MTO)



What I am going to do to achieve this goal(s)?



Can you make a change?

Challenges	.. avoid challenges	1	2	3	4	5	.. embrace challenges
Setbacks	.. give up easily (go back and focus on what you can do)	1	2	3	4	5	.. persist when things go wrong
Effort	.. see effort as fruitless or worse	1	2	3	4	5	.. see effort as path to mastery
Criticism	.. ignore useful negative feedback	1	2	3	4	5	.. accept & learn from criticism
Failure	.. reflects lack of talent	1	2	3	4	5	.. is a learning opportunity
Potential	.. is measured by current performance (PB or current skills)	1	2	3	4	5	.. cannot be measured
Success of others	.. feel threatened by success of others	1	2	3	4	5	.. find lessons and inspiration from the success of others