

Psychological skills for performance

Reference: I. Mujika et al. IJSPP 2018

Designed by @YLMSSportScience



1 COURAGE

- The ability to manage fear of failure is imperative and a predictor of success
- Don't be afraid to fail and embrace it as part of a process
- See valuable lessons in defeat and understand the vulnerability of perseverance



2 CONSCIENTIOUSNESS

- Work tirelessly, try to do well, and complete the task at hand
- In the context of conscientiousness, grit and success, commitment to go for gold is important, not just show up for practice



3 LONG-TERM GOALS

- Practice must have purpose
- Long-term goals provide context and framework to find the meaning and value of long-term efforts, which helps cultivate drive, sustainability, passion, courage, stamina...

4 RESILIENCE

- A key component of grit, resilience is the powering mechanism that draws one's head up, moves an athlete forward, and helps them persevere despite obstacles
- Gritty athletes believe "everything will be alright in the end, and if it is not alright, it is not the end"



Excellence is an attitude, not an endgame