



Penny Mallory

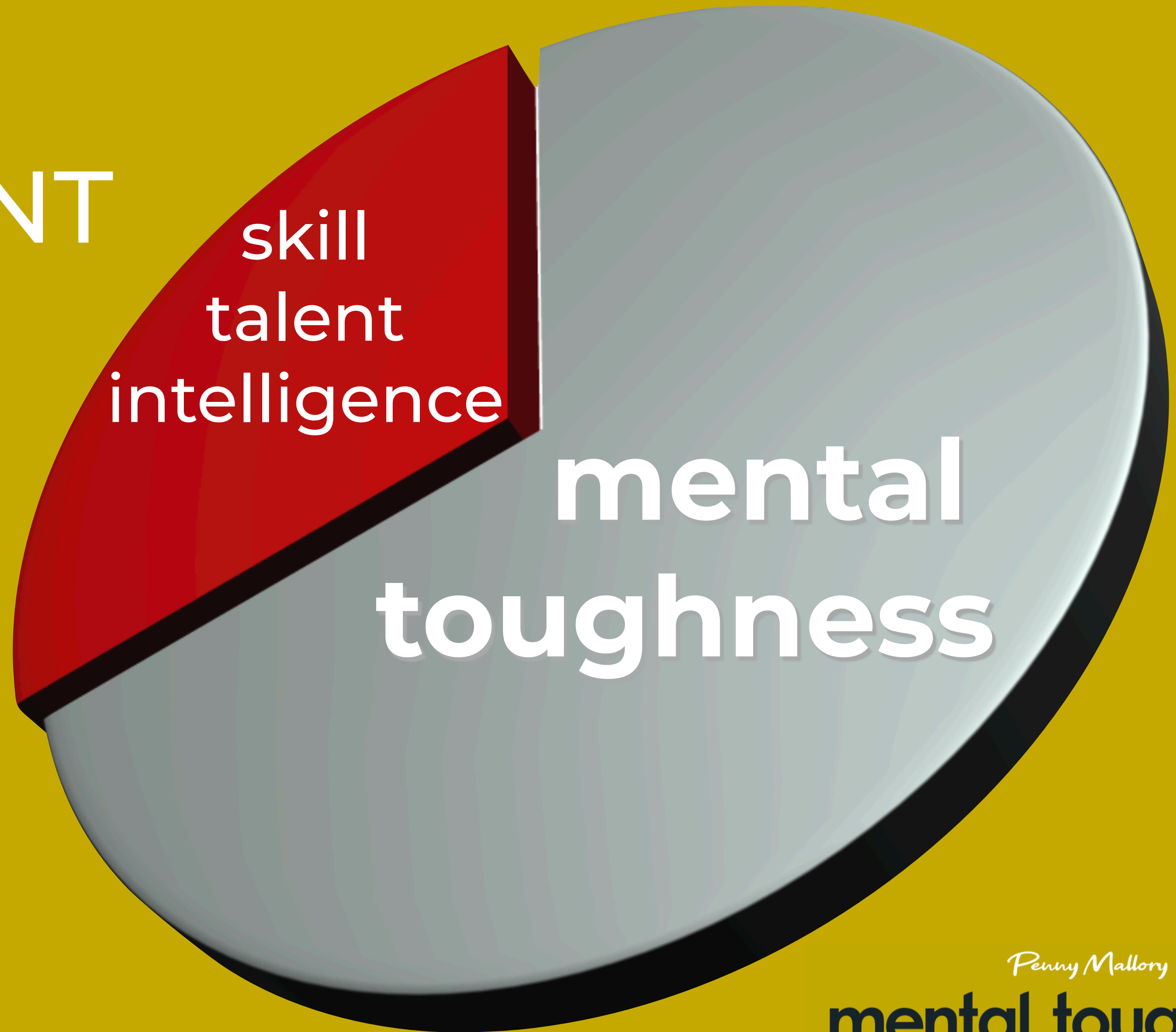


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mental toughness➤

WHAT MAKES THE DIFFERENCE

ACHIEVEMENT



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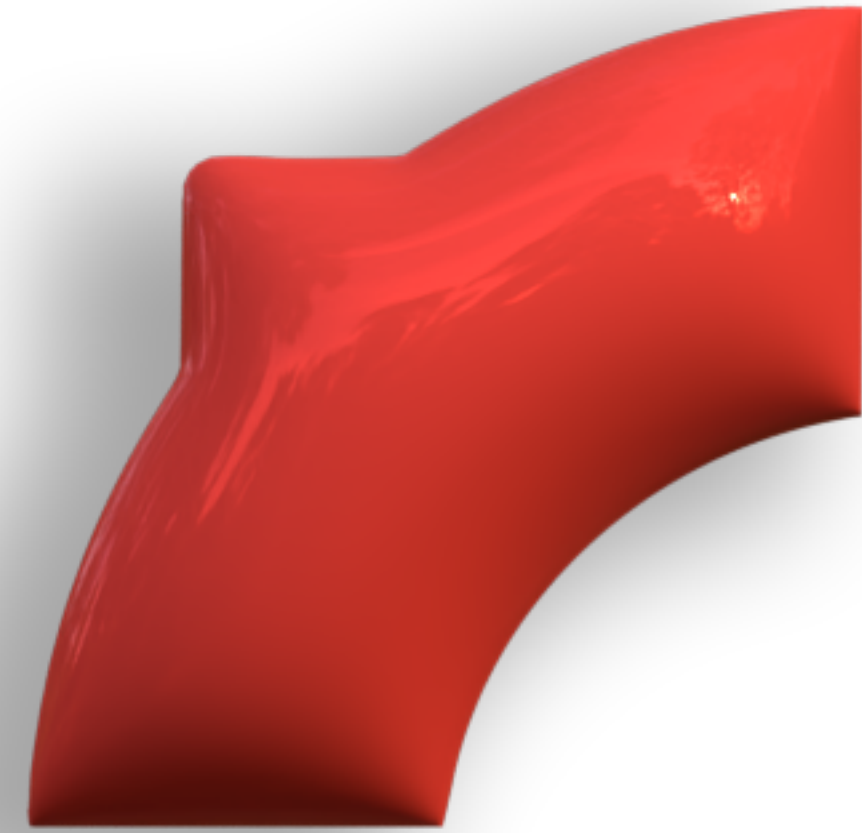
MENTAL RESPONSES

SETBACKS
KNOCK YOU HARD

THE CHALLENGES YOU FACE

MENTAL TOUGHNESS

control





What is standing
in the way of you
having a greater
sense of control &
influence?

MENTAL TOUGHNESS

control



challenge



Find the hidden
opportunity in the
challenge you face

What is great
about this
problem?

MENTAL TOUGHNESS

control



challenge

commitment



100%

99%



Take an ice cold shower,
every day, for 7 days

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CONTROL

LIFE CONTROL Believing you have the ability to influence or direct the outcomes of your life. Having a sense of agency

EMOTIONAL CONTROL Having the capacity to manage and regulate your emotions, ensuring they don't negatively affect your performance

CONFIDENCE

CONFIDENCE IN YOUR ABILITY Having a strong belief in your ability, skills and competency. Trusting yourself to tackle tasks and challenges effectively

INTERPERSONAL CONFIDENCE The confidence you have interacting with others, be able to influence, persuade and maintain positive relationships



CHALLENGE

STRETCHING YOURSELF Your willingness to push beyond your comfort zone, embrace growth and develop yourself through challenging experiences

LEARNING FROM EVERYTHING Your ability to derive lessons and insights from all your experiences, viewing both failures and successes as learning experiences.

COMMITMENT

GOALS Your ability to set, pursue and achieve specific, measurable objectives as a means to drive your motivation and success

DELIVERY Your focus on executing tasks and projects efficiently, prioritising the completion and delivery of outcomes



Walk, stand & sit 2" taller

Speak more slowly

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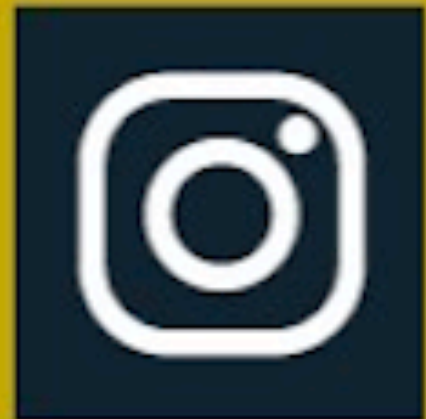
THE SOURCE OF SUCCESS

what if you had more
MENTAL TOUGHNESS



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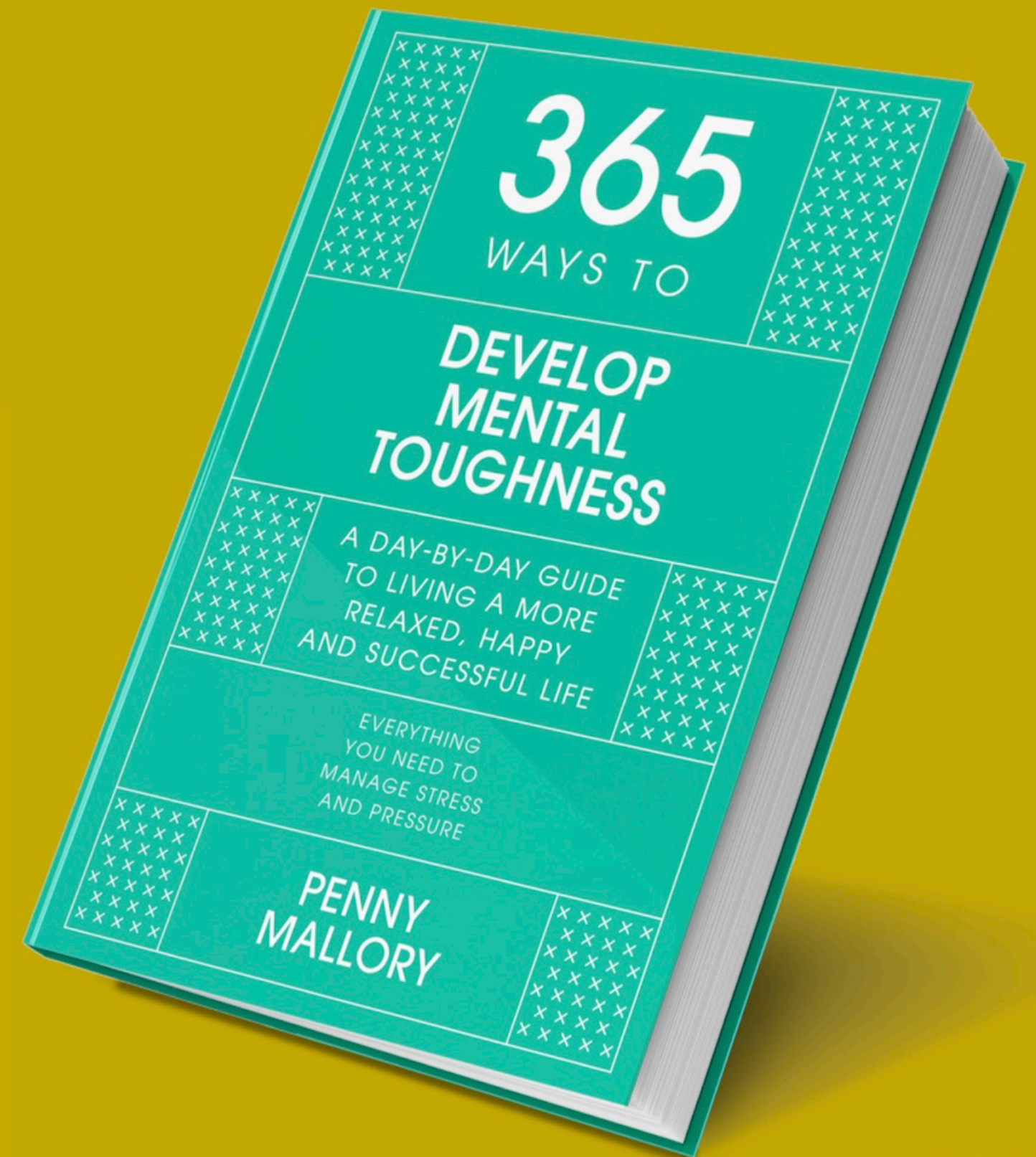
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