

Notes- The Champion Mindset

Chapter 1- The Mental Game Exposed

- Stay positive. If you're not entirely convinced that you won't perform well, odds are you won't. (7)
- Trust your coach, trust your training, above all, trust your abilities. (7)
- ACE gene- plays a role in swimming, one gene variant more common in distance swimmers and another variant of the gene more common in sprinters (14)
- It is up to you to determine your potential, through your training and racing, so you are not disappointed by reaching for something that is not physically possible. Do not fall in the trap of comparing yourself to others as their potential just might be genetically extraordinary. (15)
- Desire- It is desire that will get you out the door to train in inclement weather or darkness or when you just aren't in the mood. Desire will allow you to finish a race when your body starts to ache. (16)
- Even with an abundance of desire and prosperity for perseverance, sometimes things just do not pan out, and comprehending this notion that success is not guaranteed no matter how hard we try is just a big step in the direction of winning the mental game. (21)

Tips For a Mental Makeover

What is mental toughness? Is it mentally tough to forge through a race injured, bleeding or puking? Or is it mentally tough to train when sick and the weather is poor? Mental toughness is not any one thing. It is an amalgamation of so many things. Mastering aspects of mental toughness will undoubtedly make you a better athlete.

- Mental toughness is the ability to toe the line at the race and no matter which athletes show up, you don't let them ruin your game plan.
- Mental toughness is racing your potential whether you are first, thirty first, or last.
- Mental toughness is looking at your workout with a small amount of fear and a large amount of excitement at the challenge set forth.
- Mental toughness is putting aside the chaos of life for a designated amount of time each day to properly execute your training.
- Mental toughness is doing the little things that make a big difference.
- Mental toughness is finding that last ounce of energy to keep going when your body wants to quit.
- Mental toughness is going back for more even when you're disappointed.
- Mental toughness is taking adversity and turning it into an advantage.
- Mental toughness is not about being a lemming and just doing what others are doing.
- Mental toughness is having self confidence and not self doubt.
- Mental toughness is savoring the small victories knowing they will lead to larger ones down the road.
- Mental toughness is having trust in yourself, your coach, and your advisors to lead you down the right path.
- Mental toughness is learning how you focus.
- Mental toughness is taking pride in your effort.
- Mental toughness is making smart decisions with your head and avoiding poor decisions with your heart.
- Mental toughness is not giving up because it's too hard.
- Mental toughness is sharing what you've learned.
- Mental toughness is being gracious whether you win or lose.

Chapter 2- Proper Goal Setting

- A dream becomes a goal when you create a plan and a reality only if you fully commit to it. (24)
- The pursuit of a dream can be so difficult and so rewarding. (25)
- 3 types of goals- outcome, process, performance (25)
- Outcome- type that most athletes focus on- related to winning- this type of goal not within athletes control (25-26)
- Process- things that an athlete needs to focus on while performing in their sport- biomechanics, nutrition - under an athlete's control (26)
- Performance goals- what you're trying to achieve- best time or qualifying standard (26)
- Your goal will rely on the 4 factors- realistic but challenging goal, a understanding of your innate ability, a proper training regimen, and an ability to roll with the punches (29)
- **The 4 goal outcomes-** The road is smooth and the goal is successfully realized, The road is rocky and the goal is achieved. The road is smooth but the goal is not attained. The road is rocky and the goal is missed. (29)
- Goals do not care if you are deserving, nice, or hardworking.(31)
- There will be failures anytime you're challenging yourself, and those failures will suck. If you let them bring you down though then you're missing the point. You can't let them beat you, because failing means you're on the right track. Failure means you're challenging yourself to grow, and that is the path to success. (31)
- Long term goals take dedication, perseverance, resiliency, and motivation. (34)
- Short term goals can be set often and in alignment with long term goals. (34)
- Short term goals keep you motivated and let you know you're on the right path. (34)
- Goals cannot be met by winging it but, that is how athletes train. (35)
- Studies have shown that intrinsic goals lead to higher well being. (38)
- Non-Outcome focus on- Nutrition, Perfect pacing, Just for fun, Test yourself, Implement new mental game, Work on balancing family, work/school, and training, Perfect biomechanics. (39-40)
- Attaining a goal requires a special focus, a commitment, that will almost always mean sacrifice. (41)
- Accountability- Age groupers really struggle with this. They sign up for a race then really struggle with the workouts. They're great for one week, two weeks, maybe a month or two. In order for accountability to improve it takes years. (42)
- Coaches add a level of accountability- just knowing someone is there watching you is enough motivation- especially when an athlete is tired and sore. (43)
- Write things down-keep track of what you're doing. (43)
- Sometimes no matter how hard you try your goal may not happen. (43)

Tips For a Goal Setting Mental Make Over

- Keep them realistic
- Break goals up- short term, long term, daily
- Goals should be in line with athletic circumstances.
- Goal achievement depends on accountability, consistency, and a well-formulated plan.
- Not all goals should be performance goals. Create goals that can be achieved under bad conditions.
- Visualization is important and must be practiced.
- Write down your goals
- Commit and train with purpose.
- Do not give up when things are hard.
- Not every goal will be met and that does not mean you are a failure.

Chapter 3-Building Your Team

- Individuals who compete in an individual sport actually have a large team around them. (47)
- Nothing breeds insecurity like seeing that people are doing more than you. (49)
- A competitive training partner will push you when you need it but not thrash you when you are down. (51)
- You are your best advocate for health (53)
- Manage your team- settle difference of opinion, maintain open discussions, delegate activities (56)
- Communication- foundation of a team (56)
- Conflict Avoidance- Natural that some team members may not get along (57)
- Compromise (57)
- Leadership by example- body language, actions, words- positivity is infectious, positive attitude=positive team (58)
- Honesty- honest team members are honest about your goals, or making poor decisions, may tell you something you don't want to hear (58)
- Parents-When parents are positive it instills a lifelong involvement. (60)
- What is it that you want from your team?
- Volunteer and help other athletes build their anonymous teammates. (63)

Tips for a Team Building Mental Makeover

- Success in endurance sports cannot be achieved alone.
- Do not be afraid to ask team members for help.
- You are never too old to want or need the support of your parents.
- You are in charge of your team culture. Lead by example.
- Treat your team with respect and honesty.
- Communicate regularly to avoid conflict.
- Allow your team to tell you things you may not want to hear.
- Plan family sport outings.
- Volunteer at an event to appreciate the service of volunteers.

Chapter 4- Taking Ownership

- Intrinsically motivated athletes participate in sports for the pleasure and satisfaction derived from it. Participate for themselves. Highest level of self-determination. (65)
- Extrinsically motivated athletes are not process oriented and look for rewards. (66)
- Motivated athletes find excuses to not engage all together.
- Extrinsic motivation is impossible to avoid- Who doesn't like a free t-shirt, medals, and accolades. If it takes up too much then you need a break.(66)
- Self Handicapping is a mechanism whereby individuals proactively place obstacles to protect/booster self esteem. (69)
- Athletes make excuses before racing or training in order to preserve their image (69)
- Athletes who resort to self handicapping tend to have difficulty with coping mechanism and have high levels of anxiety. (70)
- Self Handicapping is an ego-protective mechanism. (73)
- Need to leave the E in ego. E= embarrassment. (73)
- A wounded ego is the bane of athletes all over. (73)
- Successful athletes requires more than talent and hard work.- thick skin, complete willingness to fail publicly. (74)
- Personal Standards Professionalism- self oriented striving for perfection and setting high personal standards.
- Evaluative Concerns Perfectionism- concerns over mistakes, doubts about actions, and concern about how others view performance
- Personal Standards Perfectionism Positive Attributes-positivity, academic achievement, endurance, hope of success, competitive self confidence, goal attainment, lower levels of anxiety
- Evaluative Concerns Perfectionism Maladaptive Traits-poor coping skills, depression, diminished well being (harmful to success in sport performance)
- Great athletes are not only measured by their successes but the manner in which they handle success and failure.
- Internal Attribution- such as boasting about all the hard work that went into a personal best time in a race, and externalizing responsibility.
- External Attribution- undesirable outcomes, such as attributing a mediocre performance to poor coaching

Tips for an Ownership Mental Makeover

- Be an intrinsically motivated athlete focus on satisfaction and pleasure derived from endurance sports rather than external rewards.
- Maintain low levels of self handicapping. Fewer excuses can lead to better performances.
- Positive self-affirmations that can help assuage self-handicapping. Repeat nice things about yourself to yourself.
- Personal standards perfectionism is a self-oriented striving for perfection and can be positively related to performance.
- Keep evaluate concerns perfectionism- the type where you're worried about how others view your performance- at bay because it can be harmful.
- Integrity is more important than performance. Act with dignity and honor.
- Learn to focus on the things you can control and not to ruminate on those things beyond your control.
- Pick and choose your training and racing based on what makes you happy and will lead to success and not because 'everyone else is doing it'
- Be introspective about your success and failure.
- If your motivation is starting to wane, it is time to make changes that rekindle the fire.

Chapter 5- Intention

- Theory of Planned Behavior- Persons intention to perform a behavior
- Intention- 3 constructs- 1- attitude toward the behavior, 2- perception of the amount of control over the behavior 3- perceptions of the wishes of important others
- Do you train to race or race to train?
- Each athlete has their own intentions, but it is done with enthusiasm and enjoyment that truly matters
- The athletes who make slow steady improvements in training are generally the athletes who are able to show up on race day
- It's about consistency over the long haul
- Flexibility in training takes on many forms
- Going to the well, entering the pain cave, giving it your all. Regardless of the outcome an athlete pushed through the pain and self-doubt to cross the finish line, usually hobbled and incoherent
- Goal-contain consistency over time
- It's psychological; if you don't train you lose it.
- If your intention is to become a well-trained athlete, train all of your energy systems, no matter your distance
- A day off enhances fitness and rebuilds vitality.
- Active and passive recovery are just a small part of the recovery equation
- Myriad recovery modalities exist; massage, chiropractic care, stretching, ice baths and other cold therapies, compression gear, foam rollers, and electro stimulation

Tips for a Intention Mental Makeover

- Intention is a combination of attitude, perception, planning, and control.
- Determine your purpose, as it will dictate you're training and racing regimen.
- Avoid the intention-behavior gap by developing good habits, creating a sustainable plan, and obtaining accountability through a coach and/or training partner
- Take a patient approach to improvement, as this will stave off injury, over training and burnout.
- Be flexible.
- Enter the pain cave sparingly.
- Consistency over time will yield the best results.
- Implement a recovery plan that is both passive and active.

Chapter 6- Developing Confidence

- At the low end of the confidence meter are the anxious athletes, who, no matter what they've done to prepare, never feel like they are ready. They're scared and nervous training races.
- Opposite end of the meter- Athletes who are cocky, trash talk their opponents, and never question their own ability.
- Most athletes fall somewhere between
- Allowing yourself to shake off a bad workout increases the chances that the next one will be successful, instilling confidence, increasing the chances that the next workout will also be successful.
- If you're a nervous wreck, chances are you will perform poorly, reinforcing the negativity, keeping you at the bottom end of the confidence meter.
- 9 ways an athlete can attain confidence- demonstrate their ability, physically and mentally preparing, mastering the sport, coaching leadership, situational favorableness, environmental comfort, vicarious experience, and having social support.
- "If you're good at something, you don't need to tell anyone. People will find out."
- Balance plays a role in self confidence- to balance humility and arrogance, you need to find that sweet spot on the confidence meter, whereby you need to self assured, but not so much so that you became complacent or annoying.
- Confidence Concept 1- self-efficacy- and the sport confidence theory
- Confidence Concept 2- Martial/Commercial Model- competition is perceived as a battle; opponent is the enemy and fame, wealth, and celebrity are key components to sports participation.
- You can be accomplished at sports, you just shouldn't brag about it
- Your training lets you know whether you know whether you should walk with swagger and march to the starting line with your head held high, or panic before the gun goes off.
- Training is the breeding ground for confidence
- We tend to enjoy things more if we are good at them and we avoid those things that we are not good at doing
- Ideally your intention should be turning your weakness into less of a liability.
- Improving your weakness will make you more confident, pushing through the arrow on the confidence meter in a more positive direction.
- Implement a confidence mindset- Train with security. Keep a training log. Take a rest day. Keep up with yourself. Train within your means. Realistic expectations. Change it up. Hit the gym. Put yourself in a position to succeed.

Tips for a Confidence Mental Makeover

- Confidence perpetuates confidence, so shake off the negativity and anxiety and focused on being relaxed and positive
- If you are on the wrong side of confidence cycle, choose a race or training session that has a high likelihood of providing you with success
- Demonstration of ability is the strongest determinant of confidence, source your training as a mechanism to build confidence.
- Arrogance is taking confidence too far. Be humble.
- Before a race look to your training to figure out realistic pacing and race outcomes.
- Make your weaknesses less of a liability by spending time focusing them in training
- Expectations of doing well can create pressure and often lead to poor results.
- A detailed training log can help you recall the workouts that will put you in a position to race well
- Spend time with people who are positive. Negativity can shatter your confidence.

Chapter 7- Racing

- Racing is a huge part of learning
- Athletes don't realize whether it is positive or negative experience
- You are learning subconsciously from the mistakes that you've made
- Whether positive or negative you can always spin it into a positive and learning from the negatives and next time around do things differently.
- Accept these three things- sometimes things will just go wrong and you will not achieve your goal, disregard what other people think, never a failure if you tried as hard as you could
- Managing Performance Anxiety- Worry less, have confidence, don't be a perfectionist.
- Tapering is a necessary evil
- Taper is individual

Tips for a Racing Mental Makeover

- Plan racing carefully and with purpose
- Failure happens. It is not the end of the world. Trying and failing is better than sitting on the couch and wondering "what if?"
- Take risks. The biggest payoffs come from when the stakes are highest.
- Pre-race jitters are normal and fine. Paralyzing anxiety needs to be managed. Remove self-imposed pressure.
- Less worry, more confidence, and unlocking the shackles of perfectionism will help you lead to success.
- Allow yourself for a proper taper.
- Be prepared on race day with a race and nutrition plan.
- Most importantly have fun.

Chapter 8- Body and Mind Cohesion

- It's a difficult concept for many competitive athletes to grasp-that times and stellar performance can spring forth even on our worst days.
- Physiologically it's difficult to explain why athletes have good days or bad days in training or in racing.
- Positive Mantras- "Define yourself." "This is what you came for." "I'm on fire." "Nothing can break me."
- Whatever you come up with for your mantra rehearse using it during your training sessions so that it comes naturally when you need most in competition.
- Buzzword- mindfulness- paying attention to thoughts and feelings in the moment. Mindfulness is taught through a variety of meditation exercises with sitting the most widely used.
- Practicing mindfulness decreases anxiety and depression, lowers stress levels, increases well-being, affects the brain and immune function, and can improve feelings of chronic pain.

Tips for Mental Mind/Body Cohesion Mental Makeover

- Understanding from the outset that sometimes you will not feel good during training or racing, but can still perform well.
- A perfect race rarely occurs- so appreciate them.
- It is possible to turn a good day into a bad one with an open mind and positive attitude.
- Use mantras to get through the bad patches.
- Focus on the now and not what happened in the past and what might happen in the future.
- Mindfulness can help decrease stress, anxiety and depression.
- Increase chances of feeling good by warming up properly and working into your pace.
- Smile rather than grimace, hold your head higher, and exude strength and confidence.
- Sometimes no matter how hard you try to turn things around, the day just stinks. Amend your end goal to stave off utter disappointment

Chapter 9- Overcoming Obstacles

- It boils down to this: every athlete has a cross to bear and there is no such thing as success in sport without a hurdle thrown in the way so you better learn how to jump.
- Long term injuries undoubtedly change a person.
- In the end, though, injuries and pain end up controlling us, in a terrible turn of events that is so hard to cope with.
- If the injury is serious enough the athlete will go through 5 stages of grief- denial, anger, bargaining, depression and acceptance.
- Overtraining Syndrome- associated with frequent infections and depression, which occurs following hard training and competition.
- Chronic Fatigue Syndrome- fever, sore throat, debilitating fatigue, headaches, muscle soreness, sleep disturbance, neurological symptoms, and general weakness
- Find the right balance of hard work and family time/fun
- Sometimes it's not all in your head- once you admit there is a physical problem, you are confronted with coaches, doctors, friends, parents, who may tell you it's a psychological problem not a physical one
- Physical wounds heal more quickly than the ones that aren't seen- these take time and patience and cannot be rushed.
- Without mental toughness we cannot perform at our highest potential and reach our goals.

Tips for a Mental Makeover to Overcome Obstacles

- Use your mistakes as a springboard to educate yourself and create a new plan for the future.
- Long term injuries tend to create psychological consequences.
- Overtraining syndrome and chronic fatigue are affecting athletes- pay attention to the warning signs.
- A proper balance of training, rest, recovery, will decrease fatigue and chances of injury
- After an injury or traumatic event- allow your mental wounds to heal
- Try to smile at even most desperate times-positivity provides real benefits.

Chapter 10- Finding Meaning

- The gratitude approach implies maintaining optimism by focusing on the positives and appreciating the impressive functions that we demand from our mind and body, even if it falls short of our ultimate aspirations.
- Turn a negative into a positive quickly
- Have passion
- Have hope

Tips for a Mental Makeover

- Appreciate your ability to move your body and endeavor to achieve your goals
- Don't be afraid to try something new.
- A joyful athlete will find more appreciation
- Hope is necessary for athletic success
- When your hope is waning, look to your friends/family for support.

Mental Toughness Quiz

www.sisu.racereadycoaching.com

Have athletes take this mental toughness quiz- they just need an email to complete. Here are sample results.

Your Sisu Score is: 25.977

Your Confidence score is: 18. You have moderate Confidence.

Your Control score is: 10. You have moderate Control.

Your Constancy score is: 14. You have moderate Constancy.

Your Determination score is: 13. You have moderate Determination.

Your Visualization score is: 8. You have low Visualization. This would be a good area to work on.

Your Self-belief score is: 14. You have low Self-belief. This would be a good area to work on.

Your Positive-cognition score is: 16. You have moderate Positive-cognition.

Your Self-esteem score is: 29. You have low Self-esteem. This would be a good area to work on.

MT Factor	Sample Question	Low Score	Moderate Score	High Score
Confidence	I have what it takes to perform well while under pressure.	<18	≥18 to <21	≥21
Control	I worry about performing poorly.	<10	≥10 to <13	≥13
Constancy	I give up in difficult situations.	<14	≥14 to <16	≥16
Determination	The goals I've set for myself as a player keep me working hard.	<12	≥12 to <14	≥14
Visualization	I mentally practice my physical skills.	<10	≥10 to <13	≥13
Self-belief	I am a positive thinker during competition.	<16	≥16 to <18	≥18
Positive Cognition	I can clear interfering emotion quickly and regain my focus.	<15	≥15 to <18	≥18
Self-esteem	On the whole, I am satisfied with myself.	<33	≥33 to <37	≥37

Mental toughness (MT) isn't any single thing. It is the combination of many different factors that fall under the *umbrella of mental toughness*. This quiz measured 8 factors of MT. Your scores for the 8 factors were used in a special calculation to create your Sisu Score, and your Sisu Score was used to let you know your Sisu Belt level. Some of your individual MT factors might be high while others might be low. This quiz informs you of where you are strong and where you can make improvements.



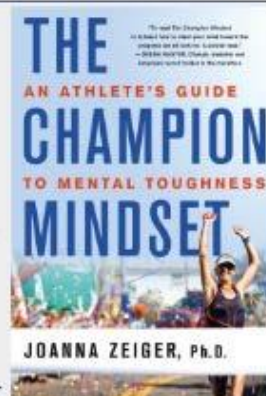
Sisu Belt	Percentile
White Belt	<20
Orange Belt	20-39
Blue Belt	40-59
Purple Belt	60-79
Brown Belt	80-89
Black Belt	>90

What does your Sisu Belt mean?

Your Sisu score was converted into a percentile. Your belt color represents your percentile. Mental skills training can help you move up a belt color.

The Champion Mindset: An Athlete's Guide to Mental Toughness by Joanna Zeiger, Ph.D. Now Available for Pre-Order! hyperurl.co/CHAMPION

The Champion Mindset is a long overdue look into how to program a competitor's mind to achieve optimal success. Changing behaviors and ways of thinking are never easy, but the chapters in this book aim to simplify this process to make it manageable and achievable. This book is for every athlete—from the weekend warrior, who wants to complete in his or her first 5k running race, to those who have aspirations of one day becoming Olympians and world champions.



Self Handicapping Scale

1. I tend to make excuses when I do something wrong. _____

1= completely disagree 2= disagree very much 3= disagree a little
4= agree a little 5= agree pretty much 6= agree very much

2. I tend to put things off until the last moment. _____

1= completely disagree 2= disagree very much 3= disagree a little
4= agree a little 5= agree pretty much 6= agree very much

3. I suppose I feel "under the weather" more often than most people. _____

1= completely disagree 2= disagree very much 3= disagree a little
4= agree a little 5= agree pretty much 6= agree very much

4. I always try to do my best no matter what. _____

1= agree very much 2= agree pretty much 3= agree a little
4= disagree a little 5= disagree very much 6= completely disagree

5. I am easily distracted by noises or my own daydreaming when I try to read. _____

1= completely disagree 2= disagree very much 3= disagree a little
4= agree a little 5= agree pretty much 6= agree very much

**6. I try not to get too intensely involved in competitive activities
so it won't hurt much if I do poorly.** _____

1= completely disagree 2= disagree very much 3= disagree a little
4= agree a little 5= agree pretty much 6= agree very much

7. I would do a lot better if I tried harder _____

1= completely disagree 2= disagree very much 3= disagree a little
4= agree a little 5= agree pretty much 6= agree very much

8. I sometimes enjoy being mildly ill for a day or two. _____

1= completely disagree 2= disagree very much 3= disagree a little
4= agree a little 5= agree pretty much 6= agree very much

9. I tend to rationalize when I don't live up to others expectations. _____

1= completely disagree 2= disagree very much 3= disagree a little
4= agree a little 5= agree pretty much 6= agree very much

10. I overindulge in food and drink more than I should. _____

1= completely disagree 2= disagree very much 3= disagree a little
4= agree a little 5= agree pretty much 6= agree very much

Total: _____

Higher Scores- Indicate higher levels of self handicapping. 30+

Lower Score- Indicate lower levels of self handicapping- 30-

Max Score- 60

Min Score- 10

Sport Multidimensional Perfections Scale Part 1:

1. If I do not set the highest standards for myself in my sport, I am likely to end up a second rate player. _____

1= strongly disagree 2= disagree 3= neutral 4= agree 5= strongly agree

2. I hate being less than best at anything in my sport. _____

1= strongly disagree 2= disagree 3= neutral 4= agree 5= strongly agree

3. It is important to me that I be thoroughly competent in everything I do in my sport. _____

1= strongly disagree 2= disagree 3= neutral 4= agree 5= strongly agree

4. I think I expect higher performance and greater results in my daily sport-training than most players. _____

1= strongly disagree 2= disagree 3= neutral 4= agree 5= strongly agree

5. I feel that other players generally accept lower standards for themselves in this sport than I do. _____

1= strongly disagree 2= disagree 3= neutral 4= agree 5= strongly agree

6. I have extremely high goals for myself in my sport. _____

1= strongly disagree 2= disagree 3= neutral 4= agree 5= strongly agree

7. I set higher achievement goals than most athletes who play my sport. _____

1= strongly disagree 2= disagree 3= neutral 4= agree 5= strongly agree

Scoring: PART 1- Personal Standards Perfectionism- (Self Orientated- striving for perfection)

Mostly 4s & 5s you are high on this type of perfectionism

Sport Multidimensional Perfections Scale Part 2:

1. Even if I fall slightly in competition, for me, it is as bad as being as being a complete failure. _____

1= strongly disagree 2= disagree 3= neutral 4= agree 5= strongly agree

2. If I fall in competition, I feel like a failure as a person. _____

1= strongly disagree 2= disagree 3= neutral 4= agree 5= strongly agree

3. The fewer mistakes I make in competition, the more people will like me. _____

1= strongly disagree 2= disagree 3= neutral 4= agree 5= strongly agree

4. I should be upset if I make a mistake in competition _____

1= strongly disagree 2= disagree 3= neutral 4= agree 5= strongly agree

5. If an opponent performs better than me during competition, I feel that a person will not respect me as an athlete. _____

1= strongly disagree 2= disagree 3= neutral 4= agree 5= strongly agree

6. If I do not well all the time in competition, I feel that people will not respect me as an athlete. _____

1= strongly disagree 2= disagree 3= neutral 4= agree 5= strongly agree

7. People will probably think less of me if I make mistakes in competition. _____

1= strongly disagree 2= disagree 3= neutral 4= agree 5= strongly agree

8. If I play well but only make one obvious mistake in the entire competition I still feel disappointed with my performance. _____

1= strongly disagree 2= disagree 3= neutral 4= agree 5= strongly agree

Scoring Part 2: Competition Perfectionism- Concerns with mistakes, doubt about actions, concern about how others view performance. If you answered mostly 4 & 5 high on this type of perfectionism.

Putting it Together-:

1. High levels of **Competition Perfectionism** have been associated with high levels of competitive anxiety, worry, and disruption in concentration.
2. High levels of **Personal Standards Perfectionism** will help propel you toward your goals and actually decrease worry, anxiety, and concentration but **ONLY** if it is in combination with lower scores on **Competition Perfectionism**.

Hope Scale

1 Definitely False	2 Mostly False	3 Some- What False	4 Slightly False	5 Slightly True	6 Somewhat True	7 Mostly True	8 Definitely True
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_____ 1. If I should find myself in a jam, I could think of many ways to get out of it.

_____ 2. At the present time, I am energetically pursuing my goals.

_____ 3. There are lots of ways around any problem I am facing now.

_____ 4. Right now, I see myself as being pretty successful.

_____ 5. I can think of many ways to reach my current goals.

_____ 6. At this time, I am meeting the goals I have set for myself.

Scoring Information

Pathways subscale score: Add items 1,3, and 5. Scores on the subscale range from 3-24 with higher scores indicating higher levels of pathway thinking.

Agency Subscale Score: Add items 2,4, and 6. Scores on this subscale can range from 3-24, with higher scores, indicating higher levels of agency thinking.

Total Hope Score: Add the pathways and agency subscales together. Scores can range from 6-48, with higher scores representing higher hope levels.