

Mental Toughness Video Course – Jorge Capestany

Video 3 – Inner Voice - Quiz

1. What is the inner voice?
2. Who is Self 1?
3. Who is Self 2?
4. There are two wolves that live inside each of us, which wolf will survive?
6. What is the **fixed** mindset?
7. What is the **growth** mindset?
8. What are the two times of performance?
1. What is a helpful barometer you can use to check if your inner voice has become detrimental?
10. What is the **split-bounce-hit** technique?
11. How can split-bounce-hit help you with nerves while you play?
12. What is color-coding?

1. Don't confuse bad strategy with bad _____.
2. What does the 16-second cure help to manage?
3. How long does an average tennis point last?"
4. What are some of the things you should do during the between point time?
5. What percent of your thoughts come in through your eyes? 85%
6. Past thinkers tend to be_____.
7. Future thinkers tend to be_____.
8. You want to be a _____ thinker
9. Who did you imagine during the **closed eyes** exercise and how did they help you?
10. How did you feel **physically** while imagining the person who treated you well? The person who treated you negatively?