

Mental Toughness Video Course – Jorge Capestany

Video 1 - Fear of Losing - Quiz

1. What are the two main reason people experience Fear of Losing?

1. _____

2. _____

2. What skill or shot was Jorge switching to in his example?

3. Specifically, Jorge was freaking out about _____ pressure.

4. List 3 examples of a Personal Promise.

1. _____

2. _____

3. _____

5. A personal promise must be 100% _____

6. The main goal is to _____

... Video adjourns to on the court

7. What was Carli's Personal Promise?

8. When practicing the Personal Promise, you count... (circle one below)

Points won

Promises kept

9. When practicing, you should try to reach _____ promises kept.
Quantity

10. The 3 specific steps to practicing the Personal Promise are...

STEP 1: No scoreboard and no _____

STEP 2: Add a serve, play points, and no _____

STEP 3: Actual _____ with normal scoring

11. Write a Personal Promise below that **you** could use to improve your game?