

Mental Toughness Video Course – Jorge Capestany

Video 1 - Fear of Losing - Quiz

1. What are the four areas of training as a player?

2. What are some reasons that tennis is one of the toughest sports?

3. What does I.P.S. stand for?

4. There are 3 basic questions you need to answer in order to get a grasp of where you currently are regarding your ability as a competitor, they are...
 - a. For the strokes you have, you win **more** matches than you should.
 - b. For the strokes you have, you win **about as much** as you should.
 - c. For the strokes you have, you win **fewer** matches than you should.

Which of the above statements describes you the best.

5. About what percentage of people answer that they lose more matches (#3 above) than they should, given the strokes that they have?

6. List a few of the emotions that people have when they are in the **IPS**.

7. List a few of the emotions that people have when they are in the **Real Life** state.

8. What should you do with the butterflies in your stomach before a match?

... **Video adjourns to on the court**

9. Describe what is the **personal promise** is and how can it help you?

10. What are some specific components of the **personal promise**?

11. What is the **Richter Scale of Stress**?

12. What are the two lessons to learn from the **Richter Scale of Stress**?

13. Write a personal promise below that **you** could use to improve your game?