



UNT Psyching Team Tip #3

The 6 C's of Mental Toughness

- ✓ **Control** – focus on what you can control (e.g., your attitude, self-talk, effort).
- ✓ **Confidence** – believe in yourself, your training, and your preparation.
- ✓ **Commitment** – remember your WHY and the goals you have set for the race.
- ✓ **Concentration** – distractions will happen...when they do just focus on your breathing.
- ✓ **Consistency** – execute your race plan... run the race how you've trained!
- ✓ **Challenge** – see obstacles as opportunities!

“Tough Minds, Full Hearts, Run Free”™

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