

Quiz: Are You More Mentally Tough or Gritty?

1. When faced with a sudden challenge in the competition ring, you:
 - a) Stay calm, focus on the task, and adapt quickly.
 - b) Remind yourself of your long-term goals and push through with determination.
2. How do you handle a series of disappointing competition results?
 - a) Analyze what went wrong, learn from it, and stay positive for the next one.
 - b) Keep training hard, knowing that persistence will eventually pay off.
3. During a high-pressure moment, like the final round of a trial, you:
 - a) Stay focused, block out distractions, and trust your preparation.
 - b) Dig deep into your motivation, remembering why you started, and keep going no matter what.
4. When you set a goal for your dog training, you:
 - a) Create a clear plan, stay disciplined, and adjust as needed along the way.
 - b) Commit to it fully, knowing it might take a long time but believing in the journey.
5. How do you react to setbacks in your training routine?
 - a) View them as opportunities to learn and improve your approach.
 - b) Persist with even more effort, determined to overcome any obstacles.

Results

- **Mostly As:** You have strong mental toughness! You excel at staying focused, calm, and adaptable under pressure. This quality helps you handle the immediate challenges of competition like a pro.
- **Mostly Bs:** You're full of grit! Your long-term dedication and passion for your goals keep you pushing forward, no matter how tough things get. This perseverance is key to achieving your dreams in dog sports.
- **A Mix of Both:** Congrats! You have a balance of mental toughness and grit, making you a well-rounded competitor.

No matter your result, building both mental toughness and grit is crucial for success. Ready to enhance these traits even more? Check out our advanced course, *From Good to Grit: Building Mental Toughness for Dog Handlers*, and take your skills to the next level!