

Mental Toughness
Questionnaire for OAMR
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Maintaining mental toughness means avoiding feedback from others to stay confident in your work.

- True
- False

Answer: False

2 Which quality best describes a mentally tough municipal clerk recorder:

- 1 They are always multi tasking, being drawn in five different directions at the same time
- 2 They are saying yes to everyone, to make sure they are pleasing everyone
- 3 They are very rigid. It's either their way or the highway
- 4 They have the capacity to concentrate on goals and tasks despite distractions or difficulties.

Answer: #4

3 When there is verbal conflict, arguing, and workplace strife, it's this one quality that sets apart a mentally tough person from the rest:

- 1 They immediately jump into the conflict and escalate it, to show their power
- 2 They stay calm and composed under pressure, managing emotions effectively, and not letting stress overwhelm decision-making.
- 3 They slowly back away and have nothing to do with the conflict, thereby allowing other people to handle it
- 4 They send a memo and let everyone know it's not their problem

Answer: #2

4 Give two definitions for the word "grit"

1 Perseverance and Passion for Long-Term Goals:

Grit is the determination to continue working toward a goal over an extended period, even in the face of difficulties or setbacks.

2 Sustained Effort Over Time:

Grit is the ability to maintain consistent effort and commitment toward objectives, regardless of the challenges encountered.

3 Unwavering Focus on Success:

Grit is a relentless drive to achieve success by staying focused and disciplined despite distractions or failures.

4Passionate Tenacity:

Grit combines passion with persistence, ensuring that an individual stays motivated and invested in their purpose over the long haul.

5 Mental toughness is only for the Navy seal type athletes. True or false?

False.