

# **MENTAL TOUGHNESS**

**Nobody ever said it would be easy, so don't expect it to be. No one is immune from everyday problems.**

**Sometimes you have to perform at your best when you are feeling your worst. Block the hurt, the pain, the sickness out of your head for the short time you must perform. Shape up, get it together because EXCUSES DO NOT COUNT! Nobody cares if you are hurt or sick; you either do the job or you don't – you win or you lose.**

**There are times when you might rather be elsewhere, but face up to the challenge at hand. No matter what has happened, you must win the mental battle. You must force yourself to remain confident, enthusiastic and positive. You must force yourself to work harder even when you are sick, hurt, sad, or troubled.  
THAT IS MENTAL TOUGHNESS!**

**MENTAL TOUGHNESS comes to play when the going gets bad. Never let your opponent know your weakness, because the he can take advantage of it. The fighter automatically goes for the cut eye, the bloody nose. MENTAL TOUGHNESS is also the ability to keep a goal to look a year or two ahead and keep going full throttle after that goal, even in the face of adversity.**

**One of the oldest and most common locker room signs is this, "When the going gets tough, the tough get going."**

**BELIEVE IT.**

**Slippery Rock Basketball**