

# Mental Toughness Video Course – Jorge Capestany

## Video 3 – Your Inner Voice - Quiz

1. What does Jorge describe as his Episode in College?
2. In Jorge's example, he did not realize how negative his inner voice had become.

circle one:     **True**            **False**

3. **Self 1** is the \_\_\_\_\_ and **Self 2** is the \_\_\_\_\_.

4. Where are the 3 places your thoughts might reside?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

5. What type of thinkers tend to be **nervous**?

6. The BEST place for our mind to reside is in the \_\_\_\_\_.

7. Fill in 2 examples of what people say to themselves in the chart below:

PAST thinkers say	FUTURE thinkers say	PRESENT thinkers say

8. Most people are exclusively ONE type of thinker?

circle one:    **True**        **False**

9. In the table below, right down some possible mantras for YOU.

MY POSITIVE MANTRAS	
1	
2	
3	
4	
5	
6	