

Your Starting Line

Five pillars, four minutes. Not a test — a baseline, so everything you read this season has somewhere to land.

How to score it: read all three, then write the number that is **true today** — not the one you would like to be true. An honest 2 is worth more than an aspirational 4.

01 Emotional Regulation

score

Staying grounded when your own nerves, frustration or excitement run high.

- 1 My mood after a meet is set by the result. People at home can tell how the swim went before I say a word.
- 3 I hold it together at the pool, and it comes out later — in the car, or at dinner.
- 5 I can feel it rise and still choose what I do next. My state is mine to manage, and I manage it.

02 Identity Detachment & Trust in the Journey

score

Whether your pride, your mood and your sense of worth ride on their result.

- 1 A bad swim feels like something that happened to me. I catch myself explaining their results to other people.
- 3 I know the difference in principle. At a big meet, in the moment, the line blurs.
- 5 I care enormously and I am not entangled. Their result is a race, not a verdict.

03 Role Clarity

score

Knowing where your job ends and their coach's — and their own — begins.

- 1 I coach. I have opinions about their stroke, their sets and their lane, and I share them.
- 3 I try to stay in my lane, and I cross it when I am worried.
- 5 I know what is mine. I bring what only a parent can, and leave the rest.

04 Leadership Through Modeling

score

Living the standards you are asking of them.

- 1 I ask them to handle pressure better than I handle it.
- 3 I model it well when things are going well.
- 5 I hold myself to the standard I hold them to, and they have seen me do it.

05 Performance Communication

score

Knowing what to say, and what to leave alone, at each point in the week.

- 1 I say what comes to me when it comes to me. Most of the feedback happens in the car.
- 3 I know what not to say. I am less sure what to say instead.
- 5 I know what the hour before needs, what the twenty after need, and what waits.

YOUR STRENGTH — HIGHEST SCORE

You already bring this. Keep bringing it, deliberately.

YOUR GROWTH EDGE — LOWEST SCORE

Read every piece this season through this one. It is where the same words will do the most work.

Score it again next August. Same five pillars, same page. The gap between the two is the year — and it is the only measure of this that actually matters. Mental Grit provides mental performance training, not mental health care.

Dated _____