

The BIG 10+ Peak Performance Mental Traits

The Categories and Traits

THE CORE TRAITS

Mindfulness Motivation
Structure Commitment

THE SELF-MANAGEMENT TRAITS

Mindset Mental Balance
Evaluation Self-Discipline

THE OUTCOME TRAITS

Confidence Transformation

THE + PERSONAL TRAITS

Faith, Fun, Heart & Other Personally-Desired Traits

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THE BIG 10+ PEAK PERFORMANCE MENTAL TRAITS

The following are Dr. Rohrer's top 10+ most important traits of elite public performers.

1. Mindful: The Continuum of Awareness, Concentration, and Focus

Awareness is a range of observation, concentration is a. narrowing down on a smaller area or a single point, while focus directs your energy onto a specific point and performing a task successfully.

2. Motivation: The Spark to Manifest Your Results

Inspiration sparks your motivation, which arises from desires such as your love for the game and social rewards. Staying connected to your personal motivations will carry you through issues and adversity.

3. Structure: Your Self Designed Best Approach for Achieving Your Dreams

Your personally prepared and compelling approach will carry you to success. It will include personal awareness, commitment, growth, strengths, self-discipline, and external resources like coaching, encouragement, practicing, challenging competitions, and faith, if you are open to the later.

4. Commitment: A Radical, Done-Deal Choice

Commitment is the decision that drives athletes to conceive and act upon their goals. Begin with a clear purpose and stay connected to your motivations, values, beliefs, and priorities, at "100%" level.

5. Mindset: Optimism, Readiness, Winning, and Other Valuable Mindsets

Your mindset shapes how you train, compete, and overcome adversity. A Readiness Mindset blends fun, optimism, resilience, toughness, and strategy to support peak performance when it matters on game day.

6. Mental Balance: Cultivating Calm, Focus and Decision-Making

Mental balance is the cornerstone of performance enabling performers to manage pressure, maintain focus, regulate emotions, and recover efficiently, ultimately translating peak performing into consistent excellence.

7. Evaluation: Feedback, Adjustment, and Action

Regular casual or formal performance evaluation fuels improvement. Honest feedback from your coach, teammates, or self-awareness will assist you in developing your skills, mindset, focus, and other resources.

8. Self-Discipline: Regulating Feelings, Thoughts, and Behaviors

Self-discipline means managing emotions, thoughts, and behaviors under pressure. It includes openness to feedback and staying calm. Self-awareness will support growth, performance, and long-term success.

9. Confidence: Building and Expressing Trust in Your Ability

Confidence is learned and developed—choosing to believe you'll grow to become your best. It's built on talent, preparation, focus, tools, resilience, training, positive attitude, effort, and competition.

10. Transformation: Becoming Better Than Your Best

Transformation is a purpose-driven journey, growing your strengths and expanding significantly beyond current limits. It's about becoming your best self, not just chasing victories or impressive athletic statistics.

+ . Faith, Fun, and Heart: Create Your Personalized Plan, Based on Your Personally-Desired Traits

For faith-based athletes, faith is foundational and transformational. Fun and heart, reduces stress and perceived effort. It increases mental focus, motivation, blood flow, endorphins, dopamine, and serotonin.