



EMOTIONAL TOUGHNESS UNIVERSITY
world leader in developing emotional toughness

ETAT (Emotional Toughness Assessment Tool)

Jot down your numbered answers to the questions below. Below the quiz you will find a rankings chart to see how well you did in each section.

1. I know why I perform at my best

1 2 3 4 5
Totally Disagree Agree Totally Agree

2. I enjoy speaking in front of my peers

1 2 3 4 5
Totally Disagree Agree Totally Agree

3. I set challenging goals at work

1 2 3 4 5
Totally Disagree Agree Totally Agree

4 I feel out of balanced in my life

1 2 3 4 5
Totally Agree Agree Totally Disagree

5. I concentrate better than my peers

1 2 3 4 5
Totally Disagree Agree Totally Agree

6.I am energized every day

1 2 3 4 5
Totally Disagree Agree Totally Agree

7.I am confident about my abilities

1 2 3 4 5
Totally Disagree Agree Totally Agree

8.I do not know why I perform terribly on certain days

1 2 3 4 5
Totally Agree Agree Totally Disagree

9.At times, I have lost my passion for my job

1 2 3 4 5
Totally Agree Agree Totally Disagree

10.I do not like making mistakes

1 2 3 4 5
Totally Agree Agree Totally Disagree

11.I use my strengths often	1	2	3	4	5
Totally Disagree			Agree		Totally Agree
12.I am able to handle bad breaks	1	2	3	4	5
Totally Disagree			Agree		Totally Agree
13.I allow pressure to get the best of me	1	2	3	4	5
Totally Agree			Agree		Totally Disagree
14. My job is making a difference	1	2	3	4	5
Totally Disagree			Agree		Totally Agree
15.I am distracted often	1	2	3	4	5
Totally Agree			Agree		Totally Disagree
16.I am very creative	1	2	3	4	5
Totally Disagree			Agree		Totally Agree
17.I focus on what I can control at work	1	2	3	4	5
Totally Disagree			Agree		Totally Agree
18. I do not have a plan when things go bad	1	2	3	4	5
Totally Agree			Agree		Totally Disagree

Scoring tool:

<p>Emotional Awareness 1, 8, 11</p> <p>High=12 or above</p> <p>Med= 9 or above</p> <p>Low =6 or above</p>	<p>Emotional Connectedness 5, 15, 16</p> <p>High=12 or above</p> <p>Med= 9 or above</p> <p>Low =6 or above</p>
<p>Emotional Preparedness 7, 12, 18</p> <p>High=12 or above</p> <p>Med= 9 or above</p> <p>Low =6 or above</p>	<p>Emotional Drive 3, 6, 9</p> <p>High=12 or above</p> <p>Med= 9 or above</p> <p>Low =6 or above</p>
<p>Emotional Bravado 2, 10, 13</p> <p>High=12 or above</p> <p>Med= 9 or above</p> <p>Low =6 or above</p>	<p>Emotional Balance 4, 14, 17</p> <p>High=12 or above</p> <p>Med= 9 or above</p> <p>Low =6 or above</p>