



WARRIOR TOUGHNESS: CRITICAL SKILLS

Performance Statements

Build Warrior Toughness by Practicing Performance Statements



Performance statements are short, powerful phrases used to stay focused and perform under stress. They help regulate your thoughts, emotions, and self-talk during high-pressure moments.

A good performance statement should be:

Brief

- Keep it short and easy to remember.
- Use it even when physically or mentally exhausted.
- Think slogan-style, such as "Just do it."

1

Instructive

- Focus on what you want to happen.
- Say "keep moving" instead of "don't stop."
- Guide yourself toward action and control.

2

Realistic

- Believe it when things get tough.
- Avoid over-the-top or exaggerated claims.
- Build confidence with truth-based statements.

3

Helpful

- Use words that motivate you personally.
- Shift your mindset from stuck to focused.
- Practice regularly so it becomes automatic.

4

Visit [MyNavy HR](#) to learn more about Warrior Toughness.

