

# Ultra Mind Quiz

## 1. When you hit a rough patch during a race, your first mental response is:

- A) "I can't do this."
- B) "One step at a time."
- C) "I expected this. Let's go."

## 2. How do you deal with negative self-talk?

- A) I usually believe it.
- B) I try to counter it with logic.
- C) I replace it with practiced mantras.

## 3. When you feel overwhelmed mid-ultra, you:

- A) Think about how many miles are left.
- B) Focus on the next aid station.
- C) Reset and stay in the moment.

## 4. How often do you visualize hard moments before race day?

- A) Never. I just hope for the best.
- B) Sometimes, especially near race week.
- C) Regularly - I rehearse worst-case scenarios.

## 5. You miss a goal pace at mile 40. What do you tell yourself?

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- A) "I've blown it."
- B) "Let's salvage what I can."
- C) "Adapt and move forward. I'm still in the race."

### 6. During long training runs, your mental strategy is:

- A) Just finish somehow.
- B) Stay consistent and aware.
- C) Practice mantras, chunking, and mental cues.

### 7. When physical pain rises, your inner dialogue says:

- A) "Why does this always happen to me?"
- B) "Pain is temporary."
- C) "Pain means I'm growing. Lean into it."

### 8. How do you mentally approach nighttime racing?

- A) I dread it - it drains me.
- B) I prepare, but it still throws me.
- C) I embrace the quiet focus and solitude.

### 9. What's your relationship with DNFs or failure?

- A) I try to avoid thinking about them.

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B) I reflect and try to move on.

C) I study them, journal them, and use them to grow.

### **10. How deeply do you connect with your 'why' for running?**

A) I haven't really thought about it.

B) I think I have one, but it's vague.

C) I return to it often - it grounds me in tough moments.