

I'M MORE THAN MY ATHLETIC PERFORMANCE

Being a good athlete is about so much more than winning. It also requires the ability to learn, adapt, be reliable, bounce back, be a team player, and handle pressure. And you have other important roles besides being an athlete. **Your identity doesn't start and end with your wins and losses.**

OTHER FACETS OF MY IDENTITY

- FRIEND** My presence, my loyalty, the way I treat others.
- STUDENT** My curiosity, my interests, what I'm learning and building.
- SON/DAUGHTER & FAMILY** My relationships, what I bring to those around me.
- PASSIONATE** What excites me off the field.
- COURAGEOUS** My ability to keep going even when it's difficult or uncomfortable.
- CURIOUS** My desire to understand, learn, and explore.
- CREATIVE** My unique way of seeing things and expressing who I am.
- RESPONSIBLE** The trust that others place in me, which is very important to me.
- KIND** My authentic, attentive, and caring presence for my loved ones.

Another important role for me: _____

WHY I PLAY MY SPORT

Focusing on the process **helps to boost your self-confidence**. Reflect on why you play your sport and your values.

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|---|--|
| <input type="checkbox"/> Health and enjoyment | <input type="checkbox"/> Discipline |
| <input type="checkbox"/> Progression | <input type="checkbox"/> More resilience |
| <input type="checkbox"/> Surpassing yourself | <input type="checkbox"/> Organization and prioritization |
| <input type="checkbox"/> Personal pride | <input type="checkbox"/> Better stress management |
| <input type="checkbox"/> Perseverance | |
| <input type="checkbox"/> Team spirit | |

QUESTIONS TO ASK YOURSELF TO LOWER THE PRESSURE

- 1 How would your friends and family describe you **without mentioning your sport**?

- 2 What are you **proud of yourself for this week**, apart from your athletic achievements?

- 3 What has your sport taught you **about yourself** as a person and not just as an athlete?

- 4 If you couldn't train for a month, **who would you be**?

SPEAKING TO YOURSELF WITH KINDNESS

Think about what you would say to a friend in the same situation. Would you tell them they're worthless because they didn't make the team? Try to speak to yourself with the same kindness.