

ATHLETE FOCUSED

Concept **Committed Action**

Exercise **What are your personal values?**

Imagine you are at an awards ceremony and you have won Athlete of the Year. It's a great night, friends and family are on your table and one of them gets up on stage to talk a bit about you. Spend 2 minutes thinking about what you would you want them to say about you? What are they going to mention as they speak to the crowd about you as an athlete and a person?

Committed? Driven? Hard Working? Fun?

These may be some of the words that will come up. These words are your personal values, that is to say, if we strip everything back, this is the person and athlete you want to be. We should be taking daily steps towards being this person.

Action **How can you bring this to life over the next couple of challenging weeks?**

You will be faced with a number of choice points over the coming weeks. You will be at home deciding when to train, when to remain at home and how much to buy in the super market. All of these choice points provide us with a chance to move towards our values. An example of this would be next time you are thinking about not training at home because it won't be the same or you don't have the equipment, in that moment, think about the committed and hardworking athlete you want to be. What would they do in this moment? To assist you in completing more committed actions, here is a tip to help.

Visibility

Have your values visible, pin them on the fridge door, and make them into a nice background for your phone. Having these values visible will allow you to recognise them when you have one of those choice points throughout the day. It will encourage you to think about what this value looks like in terms of behaviour, and then complete those behaviours.

Reflection **What do my values look like?**

Spend 2 minutes reflecting on what behaviours are consistent with your values. COVID19 will no doubt have impacted upon your training schedule and you may be experiencing a number of challenging thoughts associated with this.

"What am I going to do? Training will not be the same."

It is important that you recognise these thoughts and pay less attention to them. Direct your focus towards understanding who the person you want to be is, and take steps towards being that person. For example, you may be reading this knowing you have a session to do later outdoors, or in the house. You may be already trying to rationalise not doing that session, "I don't have the equipment", "I will do it tomorrow". Notice these thoughts, and rather than letting these thoughts guide your behaviour, let your values guide what you do next.