

SELF-REFLECTION JOURNALING EXERCISE

The first step to turning your stress into success is awareness.
Become aware of your stress with this self-reflection exercise.

What is really challenging about your sport?

What are some of the demands you face?

Remember that demands can be physical or psychological. A physical demand could be executing a new skill and a psychological demand may be feeling pressure to do well.

Which demands do you think you would be able to deal with and which demands seem out of your control?

Think of the reason why you perceive each demand as manageable or unmanageable. Write down all your thoughts.

Choose one of the demands you think are unmanageable and reframe it into a positive statement.

Example: "I can use the pressure I feel to perform as motivation to give my best effort."

If you perceive a demand as manageable, you're more likely to have a positive stress response.