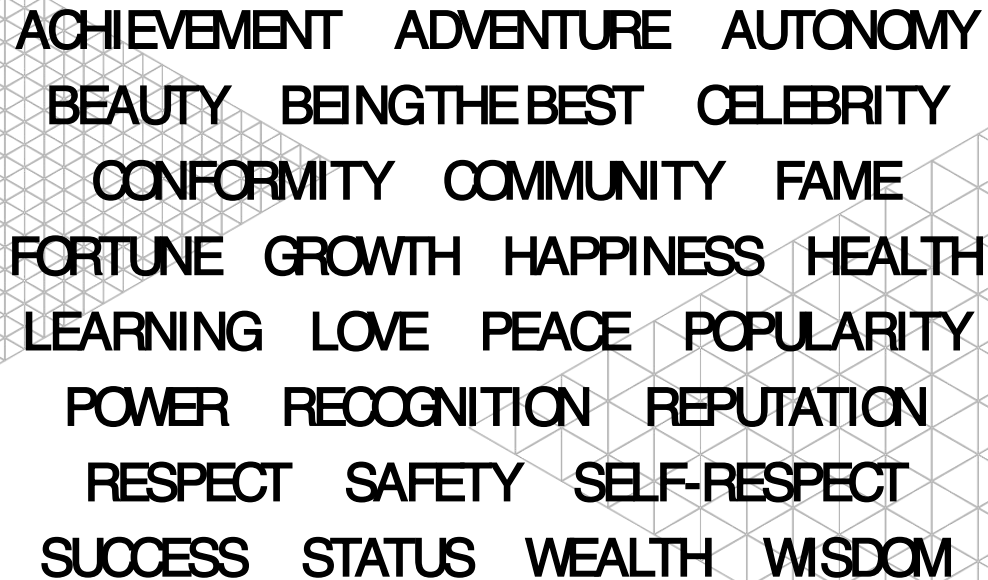


Sport Purpose

What is most important to you?



ACHIEVEMENT ADVENTURE AUTONOMY
BEAUTY BEING THE BEST CELEBRITY
CONFORMITY COMMUNITY FAME
FORTUNE GROWTH HAPPINESS HEALTH
LEARNING LOVE PEACE POPULARITY
POWER RECOGNITION REPUTATION
RESPECT SAFETY SELF-RESPECT
SUCCESS STATUS WEALTH WISDOM

Now, consider your sport. How does your sport fit with the values you have identified? How does engaging in your sport allow/prevent you from living out your values?

Value 1: _____

Value 2: _____

Value 3: _____

Value 4: _____

Value 5: _____

iv) Is the way I would respond myself different from someone I care about? Why is that? What might I be resisting by withholding kindness to myself? How does that protect me?

v) Why might trying to extend kindness to myself be helpful? How could it help me?

vi) How am I not alone in this? How might I use my support network to support me?

Mindfulness

Pick an interval of time and set a timer.

Sit in a comfortable position.

Choose one specific aspect of your breathing to focus on (e.g., the feeling of air going in your nostrils, the sensation of your stomach going up and down, the feeling of the air entering your throat, the sound of your breath, etc.). It does not matter what you choose. Just choose one thing and be specific.

Breathe in and out at a slow rate, and as you do so; continue to bring your focus back to the aspect of your breath that you chose to focus on.

Your mind will wander to all sorts of things. As it does, simply notice; and gently bring your focus back to your breath.

Continue to do this for the entire interval of time.

Suggested app:

Headspace

Centering
Stand up.

Breathe in, focusing 100% on the diaphragm.
Take a nice deep breathe. Hold the air for a second.
Then let it go. Just release it. No pushing, just allowing.

Now, continue to breathe in and focus on the diaphragm. But this time, as you exhale, shift your attention to your shoulders and let them relax. Then bring your attention to your knees. Let them bend slightly.

** (If you have access to a partner, have a partner place their left hand on your shoulder and right hand on your diaphragm. Focus on the right hand expanding out on the inhale and left hand lowering on the exhale.) **

Finally, make sure your exhalation is longer than your inhalation.

** (to increase energy, clap hands as quickly and loudly as you can seven times, five times) **

If you are sitting instead of standing, instead of focusing on your knees bending at the end of your exhalation, focus on your buttocks sinking into the seat.

From: Thriving in a 24-7 world: An energizing tale about growing through pressure
by Peter Jensen

Suggested app:
Heartrate+ coherence