

Week One

1. Think about all of the times you've trained, played a game, lifted weights, or went to lacrosse practice in the last week. What three things did you find challenging - mental or physical?
 1. What are a few things you can do in the next week to improve on those things or in those areas?
 2. What are a few things you can do in the next month to improve on those things or in those areas?
2. What do you feel you are capable of (on the field) accomplishing between now and the end of the fall season?
 1. What are your short-term goals as an athlete for this fall season?
 2. How is the work you put in during the fall going to help you during the regular season?
3. What do you feel you are capable of (as an athlete in general) accomplishing in the long-term, say in the next three years?
 1. What do you feel you are capable of as an athlete in the next three years?
 2. In three years, where do you want to be as an athlete?
 3. What are a few things you can do on a weekly or monthly basis to make sure you attain that goal?
4. What goals do you have for yourself off the field this fall? Perhaps, you're working to attain a certain GPA level? Or maybe you're working on a Boy Scout project? Maybe, you're working to be a better friend to your classmates?
 1. What are you doing on a daily basis to make sure you meet those goals?
 2. How can you track your progress towards these goals?

Week Two

1. Think back to week one where you wrote down three things that were challenging for you. It might help to re-write them.
 1. Have you noticed a change in any of those skills or areas? Were you able to specifically focus on them in your training sessions?
 2. Why were you able to focus on them? What gave you the confidence to face those challenges and specifically work on them?
2. In the past couple of weeks, what three things have you noticed as your top strengths or things you are good at?
 1. What are you doing to ensure you highlight those strengths?
 2. Additionally, what can you do to make sure you don't become complacent in those areas and continue to improve?
3. Think about your short and long-term goals from last week. How do they apply to the type of player you want to be?
4. Think about a player that you really look up to. What are their strengths? Write down what you value about their ability or approach to the game?
 1. What are some things you could do to acquire those same strengths?

5. Try to identify a time in the last month where you or someone you know was affected by an experience with a teammate - it could be a positive or a negative experience.
 1. Write down the actions or words that took place to shape this experience.
 2. What did you learn from this? Did this change your view of what kind of teammate you want to be?

Week Three

1. Over the past couple of weeks, what areas of your game have you been focusing on?
 1. Have you noticed any changes in those areas? Is there one activity or style of thinking you can contribute that growth to? If so, what is it?
 2. Real, positive growth in a specific area often comes from bringing an intense focus to that area. Now that we're about halfway through our season, what areas of your game will you bring an intense focus to?
2. Now that you have your areas of focus, write down the following:
 1. Three questions you can ask one (or more) of the coaches at your program.
 2. Three things you can do at home or in your free time to focus on those areas.
 3. How will you know if you completed those things? How will you hold yourself accountable for doing those things?
3. Think about where you were one year ago - what type of lacrosse player / athlete were you AND what type of student were you?
 1. Where have you made progress? Can you contribute that progress to anything in particular?
 2. Think about where you want to be in one year from now - what type student do you want to be AND what type of lacrosse player / athlete do you want to be?
 3. What are a few things you can track your progress at on a monthly basis?
4. Think about a time when you felt physically or emotionally defeated - it could be on the field or off the field. What happened? Write down a few things that took place prior to those feelings.
 1. Did this affect your performance in any way? If so, how?
 2. What did you notice about those feelings? Did those feelings affect how you reacted to the situation? If so, how?
 3. What can you learn from this experience to try and react more effectively in a similar instance in the future?

Week Four

1. Over the past three weeks, you've been identifying a handful of skills that you want to focus on to improve.
 1. Why are those skills important to you as a player? How will they help take your game to the next level?

2. What has been the most challenging skill or concept for you to develop further confidence in? Is there a new or creative way you can focus on that skill or concept?
2. Last week you were to write down three questions that you can ask your coaches at the next training session.
 1. Did you get more information on those questions? If you were to answer those questions yourself, could you? If so, write a couple of sentences on the answer to those questions.
3. In the last three weeks, have any of your long term goals as an athlete changed?
 1. If so, how have they changed? What do you think contributed to those changes?
 2. For the week one goal setting, we asked “what do you feel you are capable of?” Has the answer to that question changed? If so, how?
4. Refer back to your week one goals again - what were the things you can do on a weekly or monthly basis that will help you accomplish your long-term goals.
 1. Have you started doing those things? Have you been tracking your progress?
 2. If you haven’t started doing those things - what has prevented you from doing them? Can you work to manage your time more effectively? If so, how?
5. The Twin Cities Marathon was held this weekend. Here is a great short read from the Star Tribune on this year’s winner: Tyler Pennel. Read the article before answering the next questions.
 1. Having never ran a marathon distance before - what do you think was going through his mind before the race?
 2. Have you ever had similar feelings? How did that event pan out for you?
 3. What are some lessons or values you can take away from Tyler’s story?
 4. Tyler set the goal of “getting to 20 miles and seeing where it goes from there.” Do you see value in this type of goal? How can you apply it to your training regimen?