

WHO AM I WITHOUT ATHLETICS?

LOOK BACK WITH LOVE. BUT REMEMBER TO MOVE FORWARD

WRITE A BRIEF LETTER TO YOUR SPORT:

SAY "GOODBYE" OR "SEE YOU SOON" TO SPORTS FOR AWHILE...

1. THANK YOUR SPORT FOR WHAT IT HAS TAUGHT YOU.
2. TELL YOUR SPORT WHAT ITS FUTURE HAS IN STORE.
3. REMINISCE ABOUT THE GREAT TIMES.
4. TELL YOUR SPORT WHERE YOU ARE GOING.

S.M.A.R.T. GOAL SETTING:

SPECIFIC. **M**EAURABLE. **A**CHIEVABLE. **R**ELEVANT. **T**IMELY

3 MONTH GOAL

HOW WILL I GET THERE

- 1.
- 2.
- 3.

6 MONTH GOAL

HOW WILL I GET THERE

- 1.
- 2.
- 3.

1 YEAR GOAL

HOW WILL I GET THERE

- 1.
- 2.
- 3.

5 YEAR GOAL

HOW WILL I GET THERE

- 1.
- 2.
- 3.

REFLECT ON EACH TIME FRAME WHEN YOU DO
OR DO NOT HIT A MILESTONE AS YOU GO:

REMEMBER. IT WILL NOT ALWAYS BE EASY AND EVERY ONCE IN AWHILE
YOU WILL FACE A LITTLE ADVERSITY:

WHAT DO YOU DO WHEN IT'S NOT EASY TO MAINTAIN WORKING
TOWARDS YOUR GOAL. HOW DO YOU COPE?

HOBBIES:

GOOD HABITS (SOMETHING THAT IS A CONSISTENT PART OF EVERYDAY LIFE):

BAD HABITS (SOMETHING THAT IS A CONSISTENT PART OF EVERYDAY LIFE):

WHO I CAN TALK TO?

- 1.
- 2.
- 3.
- 4.

WHAT CAN I DO TO CHANGE MY MIND FROM NEGATIVE TO POSITIVE?

- 1.
- 2.
- 3.

THIS MAY NOT BE EASY SOME DAYS. WE ENCOURAGE YOU TO END ON SOME-
THING POSITIVE EACH DAY BY CREATING A JAR AND ADDING A SIGNIFICANT OB-
JECT ABOUT YOUR DAY TO ASSIST YOU WITH REFLECTION. AN EXAMPLE PAPER-
CLIP FOR HOLDING IT TOGETHER. COFFEE BEAN FOR FEELING ENERGIZED. SMALL
PIECE OF PAPER FOR GETTING ALL HOMEWORK DONE. THEN. WHEN A GOAL IS
REACHED. REFLECT ON THE SIGNIFICANT OBJECTS IN THE JAR TO REMEMBER
WHAT YOU HAVE OVERCOME.