

P

LACROSSE

**LAX TO LIFE
HABIT JOURNAL**

"If your habits don't line up with your dream, then you need to either change your habits or change your dream."

~ John Maxwell



Why Sports Matter

*"**Sport** has the power to change the world. It has the power to **inspire**. It has the power to **unite** people in a way that little else does. It speaks to youth in a language they understand. Sport can **create hope** where once there was only despair. It is more powerful than government in breaking down racial barriers. It laughs in the face of all types of discrimination."*

Nelson Mandela

This journal

The life we end up with, is a result of the habits we form. It is what we do daily that makes the greatest impact on our lives.

Sports provide a perfect practice platform for life, with similar emotional swings and a compressed timeline that allows us to reflect and adjust based on games instead of years.

Utilizing research from Harvard, Yale, Stanford, and beyond, we will use our season and this journal to:

- understand what leads to a happy life
- set goals & habits based on the life we want
- improve a little bit every day

Set goals

Then create habits

Yale has found only 3% of their graduates set goals and have a plan to work towards them daily, but that 3% accomplishes more in their lifetime than the other 97% combined.

To begin setting your goals, start with a single goal that will push you towards becoming the person you want to be. It must be: ***specific, measurable, within your control, and important enough that you will sacrifice to achieve it.***

Complete the following statement:

I will (goal): _____

By (date): _____

Now identify 1-3 habits that will lead to small (1%) daily improvement towards your goal and complete the following statement(s) by filling in the habit, time and location:

I will _____ at _____ in _____.

I will _____ at _____ in _____.

I will _____ at _____ in _____.

If you have more than one goal, simply repeat this process for each. Now add these habits into each week's scoreboard for tracking and accountability.

The power of 1%

If we improve 1% every day, a year from now, we will be 37 times better than we are today. Seems crazy, but it is true! That is the power of small daily improvements compounded over time.

The rest of this journal is dedicated to helping us improve 1% each day in the areas of life that matter most:

1. Finding **Joy** in the present by:
 - taking inventory of 3 new things we are grateful for every day and noting why we're grateful for them
 - journaling for two-minutes about one good experience we have each day
2. Fueling personal **Growth** by:
 - setting daily to-do's for a productive day
 - tracking habits that will help us reach our goal(s)
 - being accountable to our weekly scoreboard
3. Strengthening social **Connection** by:
 - performing 1 random act of kindness each day for someone in our life

Must-Do's for Success

Week of: _____

"Risk something or forever sit with your dreams." Herb Brooks

This week's Top 3 must-do's to get where I want to be in life:

1. _____
2. _____
3. _____

Based on last week's scoreboard, any habit changes needed?

Today's To-do's

1. **Two-minute meditation** 4. _____
2. **RAoK:** _____ 5. _____
3. _____ 6. _____

New Gratitudes

1. _____
Why? _____
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Detail one good experience from today

Nutrition

Sleep: _____ hours Water: _____ ounces

Exercise: _____

Food: _____

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Weekly Scoreboard

Happiness Habits Scores

M T W T F S S

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<i>Random Act of Kindness</i>							
<i>Gratitudes & why you're grateful for them</i>							
<i>Detail one good experience from today</i>							
<i>Exercise (20+ minutes)</i>							
Daily Scores							

Goals Habits Scores

M T W T F S S

Daily Scores							

Happiness Habits Score: _____ / 35

Goals Habits Score: _____ / _____

Must-Do's for Success

Week of: _____

"I've failed over and over and over again in my life. And that is why I succeed." Michael Jordan

This week's Top 3 must-do's to get where I want to be in life:

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"The only way to make sense out of change is to plunge into it, move with it, and join the dance." Alan Watts

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"The lion doesn't concern himself with the opinions of the sheep." Lionel Messi

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Must-Do's for Success

Week of: _____

"It's not the will to win that matters - everyone has that. It is the will to prepare to win that matters." Bear Bryant

This week's Top 3 must-do's to get where I want to be in life:

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<i>Gratitudes & why you're grateful for them</i>							
<i>Detail one good experience from today</i>							
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Daily Scores							

Goals Habits Scores

M T W T F S S

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Happiness Habits Score: _____ / 35

Goals Habits Score: _____ / _____

Must-Do's for Success

Week of: _____

“Do not let what you can not do interfere with what you can do.” John Wooden

This week's Top 3 must-do's to get where I want to be in life:

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Based on last week's scoreboard, any habit changes needed?

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Happiness Habits Score: _____ / 35

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Must-Do's for Success

Week of: _____

"The only way to live is to accept each minute as an unrepeatable miracle, which is exactly what it is." Storm Jameson

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Happiness Habits Score: _____ / 35

Goals Habits Score: _____ / _____

Must-Do's for Success

Week of: _____

“You can not make progress with excuses.” Cam Newton

This week's Top 3 must-do's to get where I want to be in life:

1. _____
2. _____
3. _____

Based on last week's scoreboard, any habit changes needed?

Today's To-do's

1. **Two-minute meditation** 4. _____
2. **RAoK:** _____ 5. _____
3. _____ 6. _____

New Gratitudes

1. _____
Why? _____
2. _____
Why? _____
3. _____
Why? _____

Detail one good experience from today

Nutrition

Sleep: _____ hours Water: _____ ounces

Exercise: _____

Food: _____

Today's To-do's

1. **Two-minute meditation** 4. _____
2. **RAoK:** _____ 5. _____
3. _____ 6. _____

New Gratitudes

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Why? _____
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Detail one good experience from today

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Exercise: _____

Food: _____

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Detail one good experience from today

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Exercise: _____

Food:

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New Gratitudes

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- 2. _____
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Detail one good experience from today

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Exercise: _____

Food:

Today's To-do's

- 1. *Two-minute meditation* 4. _____
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New Gratitudes

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Detail one good experience from today

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Food:

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- 2. *RAoK:* _____ 5. _____
- 3. _____ 6. _____

New Gratitudes

- 1. _____
Why? _____
- 2. _____
Why? _____
- 3. _____
Why? _____

Detail one good experience from today

Nutrition

Sleep: _____ hours Water: _____ ounces

Exercise: _____

Food:

Weekly Scoreboard

Happiness Habits Scores

M T W T F S S

<i>Two-minute meditation</i>							
<i>Random Act of Kindness</i>							
<i>Gratitudes & why you're grateful for them</i>							
<i>Detail one good experience from today</i>							
<i>Exercise (20+ minutes)</i>							
Daily Scores							

Goals Habits Scores

M T W T F S S

Daily Scores							

Happiness Habits Score: _____ / 35

Goals Habits Score: _____ / _____

Reflection | Notes

Evaluation | Feedback

On a scale of 1 to 10, how valuable would you rate this journal?

1 2 3 4 5 6 7 8 9 10

Did this journal help you improve as a player and person? Why or why not?

What would you change about the format (if anything)?

Would you recommend using this journal to other student-athletes? Why or why not?

Any other feedback or ideas you'd like to share?