



WORKSHEET 4 : BRAIN TRAINING (MENTAL SKILLS)

Self-Awareness and Goal Setting

One of the first steps to becoming an athlete is "knowing yourself".

This includes ...

- knowing your body (*What training works best ? Do I get sick a lot ? Am I strong ?*)
- your thoughts (*Am I positive, negative, indifferent, passive, aggressive, determined, don't really care ?*)
- your emotions (*When do I feel happy, sad, excited, depressed, angry, content, etc.?*)
- and others (*e.g. do I like to be around people or to be alone; what are my goals and where do I want to go in life ?; what are my biggest dreams ?*)



Do you know yourself?

Name _____ Age and Birthdate _____

Favourite Sports _____

Favourite colour(s) _____

Music / songs / groups that I like _____

Favourite animals _____

Things I love to do (activities, sports, games, etc.) _____

Something I am very good at ... _____

My dream career / job _____

I would describe myself as ... _____

