



# 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 ... \_\_\_\_\_

