



What's Holding You Back?

WHAT DRIVES WINNING

Identify what's holding you back and isolate the five things that you struggle with most.

- Comparing yourself to others
 - Consumed by results
 - Getting over mistakes
 - Expectations from others (parents, coaches, peers)
 - Confronting people
 - Identity outside of sport (Who am I?...without my sport)
 - Fear of failure
 - Lack of motivation
 - I listen to the wrong voice in my head (I'm negative)
 - Dealing with pressure
 - Playing free
 - The inability to ever please myself (Never happy with my accomplishments)
 - Understanding my purpose for playing
 - Not having a relationship with myself
 - Dealing with outside criticism
 - Self-doubt (Lack of confidence)
 - Care too much about recognition and status (Upholding reputation)
 - Understanding team success is more important than my individual success
 - Emotional control (Frustration, anger, etc.)
 - Self-worth tied to performance
 - Interpersonal relationships (Coaches / Teammates / Peers)
 - Time management (Prioritization)
 - Expectations I have for myself
 - Care too much about what others think about me
 - Controlling parents
 - Keeping love for the game
 - Accepting constructive criticism from teammates / coaches
 - Giving constructive criticism to teammates
 - Urge to be perfect
 - Being able to adapt in a new environment
 - Loneliness
 - Fear of success
 - Judgement (from self and others)
 - Judgmental towards other people
 - Work ethic
 - Seeking validation from others
 - Struggle with trusting others
 - Not being accepted
 - Leaving my comfort zone
 - Losing perspective of all the great opportunities sport brings me
 - Making excuses (Not going "all-in")
 - Accepting my role
 - Discipline to stick to a plan
 - Keeping my personal problems away from the court/field/gym/pool, etc.
- Other _____