

WHAT'S HOLDING YOU BACK?

Check the bullet points that you can relate to:

- 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 _____