

WHAT'S HOLDING YOU BACK?

Identify what's holding you back and isolate the five things that you struggle with most. What do you struggle with that's preventing you from being all that you can be?

- 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
- Understanding my purpose for playing
- Not having a relationship with myself
- Dealing with outside criticism
- Self-doubt (lack of confidence)
- Interpersonal relationships
- Accepting my role
- Understanding that team success is more important than my individual success
- Time management (Prioritization)
- Expectations I have for myself
- Care too much about what others think of 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
- Fear of success
- Judgement (from self & others)
- Loneliness
- The inability to ever please myself (never happy with my accomplishments)
- Work ethic
- Seeking validation from others
- Struggle with trusting others
- Not being accepted
- Keeping my personal problems away from the field
- Self-worth tied to performance
- Discipline to stick to a plan
- Emotional control (frustration, anger, etc.)