

TOTAL ATHLETE DEVELOPMENT

Week THREE Notes

WHAT DO YOU TAKE YOUR CONFIDENCE FROM?

1)

2)

3)

HOW DO YOU DISPLAY YOURSELF (HOW DO YOU PRESENT YOURSELF TO OTHERS)?

1)

2)

WHAT ARE FACTORS THAT TRIGGERS YOUR CONFIDENCE?

1)

2)



WHAT DO YOU THINK IS REQUIRED IN TERMS OF TIME SPENT EVERY WEEK WORKING ON YOUR AREAS OF OPPORTUNITY?

CALLS TO ACTION:

- **PUT YOUR AREAS OF OPPORTUNITY ON YOUR PHONE**
- **WHAT ARE THE THINGS YOU MOST VALUE IN YOUR PREPARATION?**



1)

2)

3)

COMMIT TO YOUR CALENDAR!

THINK ABOUT A TIME YOU WERE COMPLETELY DIALED IN – IN THE ZONE – HOW DID YOU GET TO THAT PLACE?