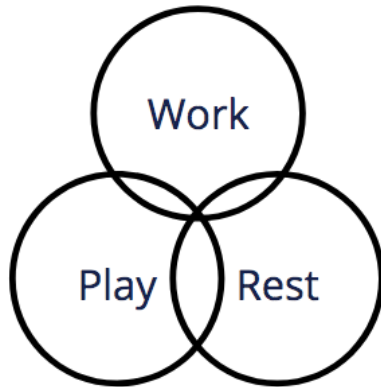


Become a Champion: Using Strategies From Sport Psychology to Maximize Potential In The Workplace

Compartmentalizing Your Life



Work:

Play:

Rest:

Analyzing Your Performance Stressors

<input checked="" type="checkbox"/> <u>Important</u> , <input checked="" type="checkbox"/> <u>Control</u>	<input checked="" type="checkbox"/> <u>Important</u> , <input type="checkbox"/> <u>Control</u>
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Brainstorm Coping Strategies

Tips for Small Win Celebrations:

- 1) Effective internal dialogue
- 2) Intentional breaks
- 3) Process focused
- 4) 'I Did That' collection
- 5) Failing forward
- 6) _____

Shout-Out:

Who am I shouting out: _____

What did they do? _____

How did it make me feel? _____

Personal Shout-Out

What did I do? _____

How did it make me feel? _____

Did you learn something? Show me and you can win a gift card!

DM Answers to [@completeperformer](#)

Thank you!



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