



STEP 1 TRAINING JOURNAL

Start the practice of recording each training session in a journal. Write down the sets, any data that was collected and times. Rate each training session on a scale of 1–10 in terms of focus/effort. With 1 being 'very dissatisfied' and 10 being 'very satisfied'. Consistency is the key. Most top athletes will have a few 10's or 2's but they will have a stack of 8's.

STEP 2 REFLECT

After each session or at least once a week conduct a SWOT analysis. SWOT is an acronym for Strengths, Weaknesses, Opportunities, Threats. This framework is perfect for reflecting on the aspects of your performance you have control over and can change.

Strengths: _____

Weaknesses: _____

Opportunities: _____

Threats: _____

STEP 3 GOALS

Write down a list of specific goals and keep them in front of you all the time.

Example: Finish in the top 10, Swim 25.99 for a 50m Freestyle, Get selected in the State Team.

1. _____

2. _____

3. _____

STEP 4 SCRIPTING

There are two voices in your head one is your inner critic the other your inner coach. Becoming aware and re-scripting negative self-talk is essential in peak performance. Words create worlds and the words you speak/think are creating the world you inhabit. Script three positive life affirming phrases then, wash, rinse, repeat. *Example: "I can stay focussed under pressure", "I love swimming the 200m Butterfly", "I play tough defence", "I am quick and agile".*

1. _____ 2. _____ 3. _____

STEP 5 ASSISTANCE

What three things can I focus on that will help me reach my goals. *Examples: better nutrition, more sleep, increase my learning, get more organised.*

1. _____ 2. _____ 3. _____
