

## Personal Next: More Questions to Ponder

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This Time Out section is designed to be an extension of the questions asked at the end of each chapter.

1. Draw out the arc in your journal. Intuitively, plot where you think you are today. Put a date beside that mark.
2. We grew up in a world where a good performance = being noticed, positive recognition or praise. It is what I refer to as an environmental influence. Once we are done competing, the frequency of that decreases dramatically. In your journal, pick a 24-hour period, and write down all the verbal or non-verbal compliments, acknowledgements, or praise, that you received now that you are not competing. What did you notice?
3. Wearing a team uniform is a powerful symbol. Take a moment to journal your feelings around that uniform both when you first put it on and then when you last wore it. How did that uniform shape your behaviors. How have your behaviors changed since you stopped representing that piece of clothing?
4. Jot down 5 things that propelled you to a personal best. Compare those 5 things to the *9 PRACTICES*. How do they align? What is different?
5. As an athlete trains and competes, injuries can occur. When injured, what were 3 things that you did to get healthy? What lessons can you learn from this?
6. Do you find people define you as an athlete, even though you are now done competing? How does that make you feel?
7. On your arc, mark where you are today (physically, mentally, and socially) and then put a date beside each word.
8. Take a moment to acknowledge your progression along the arc. Rallying happens in stages. What are 3 things that you feel you are making progress on? What is 1 win that you could share with me?
9. Journal your thoughts around this statement: A mountain is only a mountain until you stand on the highest peak. Then it becomes a view. What does this mean to you?