

MENTAL FITNESS

Mental fitness is like your on-field fitness – it can be trained and strengthened. It helps you perform at your best, stay switched on, and connect with your teammates, both on and off the field. Staying mentally fit means having the skills and strategies to manage your mindset, bounce back from setbacks, and maintain your wellbeing. You can train your mental fitness just like your skills and endurance by...

SETTING GOALS AND INTENTIONS

Setting goals and intentions for each game or training session can help to set your focus, feel more present or unhook from unhelpful thoughts. You can also set goals for off the field to help feel a sense of accomplishment and achievement. Don't forget about the strengths you already have that can help you achieve these goals, and the people you have around you to support you.

Writing your goals and intentions in a journal can help you stick to them.

ON-FIELD GOALS

What are my process goals?

Strengths I have to achieve this goal

Other people who can help me

OFF-FIELD GOALS

What are my process goals?

Strengths I have to achieve this goal

Other people who can help me
