

# STRONG CORE BUILDING WORKSHEET



## VALUES

Why do I play my sport?

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What is important or meaningful to me about participating in my sport?

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What qualities do I want to be able to use to describe my approach, my performance, who I am as a teammate, and ultimately my overall performance?

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|---------------|--------------|---------------|----------------|
| Authenticity  | Excitement   | Integrity     | Positivity     |
| Balance       | Fairness     | Knowledge     | Recognition    |
| Risk Taking   | Fitness      | Leadership    | Resilience     |
| Challenge     | Flexibility  | Learning      | Respect        |
| Contribution  | Friendliness | Loyalty       | Responsibility |
| Cohesion      | Fun          | Openness      | Skillfulness   |
| Competition   | Improvement  | Persistence   | Spirituality   |
| Creativity    | Humility     | Present Focus | Success        |
| Determination | Improvement  | Power         | Supportiveness |

# STRENGTHS



My top 10 strengths that I use to be successful in my sport:

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|---|----------------------|----|----------------------|
| 1 | <input type="text"/> | 6  | <input type="text"/> |
| 2 | <input type="text"/> | 7  | <input type="text"/> |
| 3 | <input type="text"/> | 8  | <input type="text"/> |
| 4 | <input type="text"/> | 9  | <input type="text"/> |
| 5 | <input type="text"/> | 10 | <input type="text"/> |

\*Star the ones I could use more often.

Name 3 ways I can use my strengths to my advantage in the off season.

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# GOALS

## MY OUTCOME GOAL:

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## MY PERFORMANCE GOALS:

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## MY PROCESS GOALS:

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