

RECOVERY IS KEY - ROLL OUT YOUR BODY; ROLL OUT YOUR BRAIN

Habits are important. As an athlete, you have great habits to keep your body healthy. What habits do you have to stay emotionally well? Get into the habit of going all in at training and competition, and then walking away with your head high. How do you do that? Establish a consistent debriefing process after every day or every training session.

CONSIDER ASKING YOURSELF THESE QUESTIONS EACH DAY:

- What did I do well? Force yourself to come up with something. We are often too hard on ourselves. We need to get used to looking for what is right. Consider opening a file on your phone called a highlight reel. At the end of each day, write something in that file you are proud of. As you write it down, savor it. Allow yourself to feel great.
- What do I want to do better and how will I do that? This is not meant to beat you down. This is meant to build you up. We don't want to dwell on what we did wrong and we don't want to tell ourselves we suck either. Instead, we want to be factual about it; and have a plan for how to get better. Getting better is a privilege. If we could not get better, we already would have reached our potential. This is a really important question to be able to ask ourselves without emotion. When we remove the emotion, we can be honest. Being honest will help you be better the next time you are engaged in your sport.
- What did I learn? Consider opening another file on your phone. Each day write down something you learned. This can be about yourself, your sport, anything. But every day, aim to learn something. Become an expert on you.
- Is there anything I need to let go of? If so, do that before you finish with your training session. Take a few deep breathes. Think about what you can learned from the experience and move on. Get used to holding your head high and being proud of the effort. Even when your performance may not be what you wanted it to be, you can still move on and enjoy the rest of your day. This is a great habit to develop. Super hard to do. But once you do, you will be able to invest more fully in every training session

As you stretch at the end of practice and roll out, think through these four questions. Do some slow breathing as you do this. Then when training is complete, you are ready to let it go. You will be recovering physically between sessions, and you will also be recovering emotionally. Some people like to use a journal, some like to use video, some just like to go over it in their head. Whatever your approach, establish a habit that will allow you to let go and move on so you can recover between training sessions and games.

This is not something additional you do after training. This is part of training. Training is complete once the debrief is complete. Even if you don't write it down, take time to think it through. **Roll out your body, roll out your brain.**