



NORWOOD LADY LEGS

2023 Journal



Love is the force
that ignites the
spirit and binds
a team together
-Phil Jackson

For more
information please visit
www.themindsetspace.com.au

This journal belongs to:

The Norwood Football club acknowledges the Kaurna people as the traditional custodians of the lands on which Norwood Football club is located and we pay our respects to Elders past, present and emerging leaders.



WELLBEING



“

Wellbeing is moving toward our whole person potential and living our lives in a valued way.
- Wellbeing Science Institute

”

In other words helping you to flourish in every aspect of your life and contribute to others at your highest level.

“Wellbeing is attained little by little,
and nevertheless is no little thing itself”
- Citium Zeno



RESILIENCE



"It's more important to be a good person than it is a good tennis player. Being a good person is absolutely my priority every single day" - Ash Barty

A key aspect of your emotional wellbeing is **"resilience."** Resilience includes being able to overcome life's hurdles and reaching out and seeking opportunities for growth (Reivich & Shatté, 2002).



Resilient people are able to look at negative situations realistically, but in a way that doesn't centre on blame or hanging onto things that cannot be changed. Instead of viewing adversity as a mountain, reframe your thoughts to look for small ways that you can tackle the problem and make changes that will help. Focusing on the positive things you can do can help get you out of a negative mindset.

- The Very Well Mind, 2002



GRATITUDE | EMPATHY | MINDFULNESS

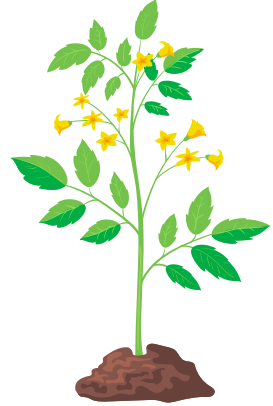
Resilience is driven by three important practices:
gratitude, empathy, and mindfulness.



Gratitude



Empathy



Mindfulness

GRATITUDE

Gratitude is the practice of being thankful and showing appreciation to people, opportunities, experiences, and things taken for granted (*Growing with Gratitude*, 2022).

Gratitude is intrinsically linked to happiness. In order to feel gratitude we need to pay attention to what we have already and notice the good things happening every day in our lives.

Start each day with a positive
thought and a grateful heart

- Roy T Bennett



EMPATHY



Empathy is the ability to understand another, which creates connection.



Practicing empathy:

- Be kind and curious
- You don't need to fix it or make people feel better; Connecting and listening is powerful
- Try to understand how the person is feeling
- Help people know that they are not alone in their feelings.
- Let people know that you are grateful they shared with you.



Dare to Lead (Brown, 2018)

MINDFULNESS



Mindfulness is the practice of purposely bringing one's attention to the present-moment experience.

Being mindful involves learning how to be the observer of your mind and focusing on the present moment which itself is the truest path to being happy, enlightened, and creating the future that you want (Tolle, n.d.).



Mindfulness is a way of befriending ourselves and our experiences

- John Kabat-Zinn



CONTAINER BUILDING- 2023 NORWOOD FC SANFLW SEASON



SANFLW NORWOOD FC 2023



Team Vision and Values

Vision:

Create an enviable, welcoming & honest environment that drives professionalism, growth and enjoyment leading to sustained success.

To achieve this vision, we are committed to **C.A.L.M**



Connection:

We believe that building strong connections with our teammates, coaches, and staff is crucial to our success. By fostering a sense of community and camaraderie, we can create a supportive environment where everyone feels valued and included.

Accountability:

We are accountable to ourselves, to our teammates, and to our club. We will hold ourselves to high standards of conduct and performance, and we will support one another in meeting these standards.

Learning:

We are grateful for the opportunity to represent our club and the SANFLW competition. We believe that expressing gratitude and appreciation for one another, and for the game itself, will help us to stay focused and motivated.

Mindfulness:

We are committed to personal and professional growth. We will strive to improve ourselves and our team, and we will support one another in achieving our goals.

TRUST BEHAVIOURS



Our values will be enacted through our co-designed trust behaviours.



Our Vision for 2023 Create an enviable, welcoming & honest environment that drives professionalism, growth and enjoyment leading to sustained success.

And we will achieve this through...

Value	Trust Behaviour(s)
Connection	<ul style="list-style-type: none"> • Gestures of support -pat on the back, a hug, picking players up off ground. • Showing interest in each other. • Positive communication saying hello, smiling, asking about each other's day. • Celebrating the positive moments (small or big). • Be inclusive (on and off the field). • Speaking to and not about people
Accountability	<ul style="list-style-type: none"> • Attending trainings and adhering to processes (such as Spreadsheet). • Completing recovery. • Doing the 'extra' work. • Holding each other to account. • Holding high standards for self and each other.
Learning	<ul style="list-style-type: none"> • Supporting others when they are uncomfortable. • Honest, constructive, thoughtful and caring feedback. • Being willing to fail and accepting failure as growth. • Goal setting and working towards those goals. • Taking ownership of your own improvement.
Mindfulness	<ul style="list-style-type: none"> • Being present at training (being on time & curious) • Remembering our privilege (opportunities). • Have pride in the club and our colours. • Have respect and empathy for others. • Showing appreciation and thanks. • 'Sweep the Sheds'



VALUES



Knowing yourself is the
beginning of all wisdom
- Aristotle

When we know our values they provide us with a deep sense of meaning and purpose in our daily lives.

Our values can act as a compass and help point us in the right direction, when making life choices.

Knowing our values will help us create and develop the most rewarding lifestyle.

“There is significant evidence that when people have agency over their values their subjective and objective wellbeing improves and the reverse is also true”

(Antonovsky 1987, Peterson 2004, Lindstrom and Eriksson 2005, Englehart 2010, Hayes 2009, Keyes 2010).

VALUES EXERCISE



1 Determine your core values

From the list below, choose and write down every core value that resonates with you. Do not overthink your selection. As you read through the list, simply write down the words that feel like a core value to you personally. If you think of a value you possess that is not on the list, write it down.

Abundance
Acceptance
Accountability
Achievement
Adventure
Advocacy
Ambition
Appreciation
Attractiveness
Autonomy
Balance
Being the Best
Benevolence
Boldness
Brilliance
Calmness
Caring
Challenge
Charity
Cheerfulness
Cleverness
Collaboration
Community
Commitment
Compassion
Consistency
Contribution
Cooperation
Creativity
Dedication
Diversity

Empathy
Encouragement
Enthusiasm
Ethics
Excellence
Expressiveness
Fairness
Family
Flexibility
Friendships
Freedom
Ful
Generosity
Grace
Growth
Happiness
Health
Honesty
Humility
Humour
Inclusiveness
Independence
Individuality
Innovation
Inspiration
Intelligence
Intuition
Decisiveness
Kindness
Knowledge
Leadership

Learning
Love
Loyalty
Making a
Difference
Mindfulness
Motivation
Optimism
Open-
Mindedness
Originality
Passion
Performance
Personal
Development
Peace
Perfection
Playfulness
Popularity
Power
Preparedness
Proactivity
Proactive
Professionalism
Punctuality
Quality
Recognition
Relationships
Reliability
Resilience
Resourcefulness

Responsibility
Responsiveness
Risk Taking
Safety
Security
Self-Control
Selflessness
Service
Simplicity
Spirituality
Stability
Successful
Teamwork
Thankfulness
Thoughtfulness
Traditionalism
Trustworthiness
Understanding
Uniqueness
Usefulness
Versatility
Vision
Warmth
Wealth
Well-Being
Wisdom
Zeal
Credibility
Curiosity
Daring

VALUES EXERCISE



2 Group all similar values together

Group all similar values together from the list of Values you just created. Group them in a way that makes sense to you, personally. Create a maximum of five groupings. If you have more than five groupings, drop the least important grouping(s).

For example:

Growth	Acceptance	Appreciation	Well-being	Cheerfulness
Wealth	Compassion	Encouragement	Balance	Fun
Security	Inclusiveness	Thankfulness	Health	Humour
Abundance	Intuition	Thoughtfulness	Personal	Inspiration
Freedom	Making a Difference	Mindfulness	Development	Joy
Flexibility	Kindness		Spirituality	Happiness
Peace	Love			Optimism
	Open-Mindedness			Playfulness
	Trustworthiness			
	Relationships			

Write your answer here:

VALUES EXERCISE



3 Choose one word within each group that represents the label for the entire group

Again, do not overthink your labels - there are no right or wrong answers. You are defining the answer that is right for you.

For example:

Abundance	Making a Difference	Mindfulness	Well-being	Happiness
Growth	Acceptance	Appreciation	Well-being	Cheerfulness
Wealth	Compassion	Encouragement	Balance	Fun
Security	Inclusiveness	Thankfulness	Health	Humour
Abundance	Intuition	Thoughtfulness	Personal	Inspiration
Freedom	Making a Difference	Mindfulness	Development	Joy
Flexibility	Kindness		Spirituality	Happiness
Peace	Love			Optimism
	Open-Mindedness			Playfulness
	Trustworthiness			
	Relationships			

Write your answer here:

--	--	--	--	--

VALUES EXERCISE



4 Add a verb to each value label

Add a verb to each value so you can see what it looks like as an actionable core value.

For example;

1
Act with mindfulness.

2
Promote well-being.

This will guide you in the actions you need to take to feel like you are truly living with purpose. Now write your core Values below in the space provided;

VALUE 1: _____

VALUE 2: _____

VALUE 3: _____

VALUE 4: _____

VALUE 5: _____

When writing your found values, ask yourself the following questions: Does this define me? Is this who I am at my best? Is this a filter that I can use to make hard decisions?

POSITIVE PSYCHOLOGY



“

Positive psychology is the scientific study of what makes life most worth living.

- (Peterson, 2008)

”



WHAT IS POSITIVE PSYCHOLOGY?



Positive psychology is a scientific approach to studying human thoughts, feelings, and behaviour, with a focus on strengths instead of weaknesses, building the good in life instead of repairing the bad, and instead of focusing solely on moving those who are struggling up to "normal" taking the lives of everyday people up to "great."

- (Peterson, 2008)

Martin Selligman says that feeling positive emotion and noticing when you feel positive emotion is really the key to psychological health.

Put simply it's important to notice when we feel good so that we can keep doing more of those things that make us feel good. When do you feel positive emotion?

ADMIRATION BOARD



An Admiration Board is an opportunity for you to identify who the positive people in your life are and what qualities they possess.' These are the handful of people you trust that will hold you accountable and help you to grow.

Why do you admire this person?

Stick Here

Stick Here

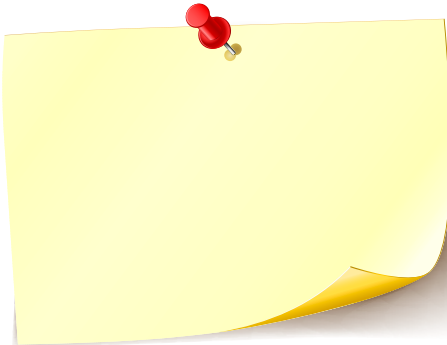
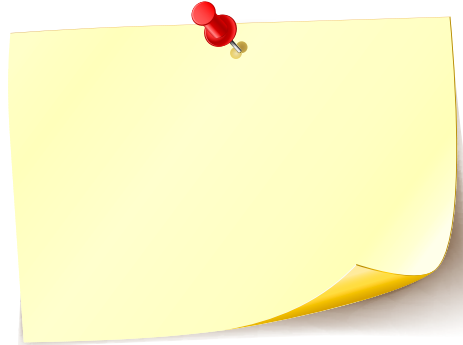
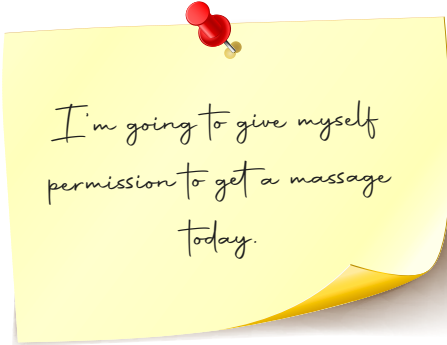
Stick Here



PERMISSION SLIPS



Permission slips are about allowing yourself to do something that brings you pleasure and happiness.



GOAL SETTING



Football Goal 1

Why this is important to me?

Commitments (action steps)

Supports.....

Football Goal 2

Why this is important to me?

Commitments (action steps)

Supports.....

GOAL SETTING



Mindset Goal 1

Why this is important to me?

Commitments (action steps)

Supports.....

Mindset Goal 2

Why this is important to me?

Commitments (action steps)

Supports.....

WEEKLY JOURNAL



Keeping in mind the Teams Values : **Connection | Accountability | Learning | Mindfulness**, here is your weekly journal to write your thoughts on what you are personally trying to achieve and how this aligns with the team and Norwood Football Club.



What get's measured get's improved.
- Peter Drucker



WEEKLY JOURNAL (Week 1)

Monday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

Pleasant Emotions I felt today were

WEEKLY JOURNAL (Week 1)

Tuesday

Gratitude Entry - > What was the best thing that happened to me today?

Who am I grateful for today and why?

WEEKLY JOURNAL (Week 1)

Wednesday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

How did you experience Connection today, specifically?

WEEKLY JOURNAL (Week 1)

Thursday

Gratitude Entry - > What was the best thing that happened to me today?

What opportunities are you grateful for and why?

WEEKLY JOURNAL (Week 1)

Friday

Envisioning your "wins"

Write out a specific moment/ play in this match you will positively impact. After you have done this, take a moment to visualise it.

GAME PREVIEW (PRE-GAME)



How are you feeling heading into this game?



Emotion 1

Why?

Emotion 2

Why?

Emotion 3

Why?

Game 1 Mantra

(One word that will embody my performance today)

Wellbeing Tracking

Physical Preparation

Sleep /5

Nutrition /5

Vitality /5

Psychological Preparation

Readiness /5

Self-talk /5

Attention /5



GAME REVIEW (POST-GAME)



3,2,1's

After each game write your answers to each of the questions below.

Three things that went well for me today

1. _____

2. _____

3. _____

Two things for improvement

1. _____

2. _____

One thing I can bring to my preparation next week

1. _____

GAME REVIEW (POST-GAME)



How did my game behaviours match my goals and expectations that I set for the game?

Were there things you didn't understand during the game?

What pleasant emotions did you experience today and why?

What unpleasant emotions did you experience today and why?

WEEKLY JOURNAL (Week 1)

Sunday

Weekly Activity: 'Marble Jar activity'

How are you building further connection with the group this week?

Whose jar are you going to add a marble to this week?

What is one small goal for this week and how will you keep yourself accountable?

WEEKLY JOURNAL (Week 2)

Monday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

Pleasant Emotions I felt today were

WEEKLY JOURNAL (Week 2)

Tuesday

Gratitude Entry - > What was the best thing that happened to me today?

Who am I grateful towards for my growth at NFC and why?

WEEKLY JOURNAL (Week 2)

Wednesday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

How did you experience Connection today, specifically?

WEEKLY JOURNAL (Week 2)

Thursday

Gratitude Entry - > What was the best thing that happened to me today?

What do I regularly take for granted?

WEEKLY JOURNAL (Week 2)

Friday

Envisioning your "wins"

Write out a specific moment/ play in this match you will positively impact. After you have done this, take a moment to visualise it.

GAME PREVIEW (PRE-GAME)



How are you feeling heading into this game?



Emotion 1

Why?

Emotion 2

Why?

Emotion 3

Why?

Game 1 Mantra

(One word that will embody my performance today)

Wellbeing Tracking

Physical Preparation

Sleep /5

Nutrition /5

Vitality /5

Psychological Preparation

Readiness /5

Self-talk /5

Attention /5



GAME REVIEW (POST-GAME)



3,2,1's

After each game write your answers to each of the questions below.

Three things that went well for me today

1. _____

2. _____

3. _____

Two things for improvement

1. _____

2. _____

One thing I can bring to my preparation next week

1. _____

GAME REVIEW (POST-GAME)



How did my game behaviours match my goals and expectations that I set for the game?

Were there things you didn't understand during the game?

What pleasant emotions did you experience today and why?

What unpleasant emotions did you experience today and why?

WEEKLY JOURNAL (Week 2)

Sunday

Weekly Activity: Gratitude Norwood Football Club

Write to a new player, coach, close friend and support staff person at NFC and tell this person one thing about them you're grateful for. Then approach them and share it with them.

WEEKLY JOURNAL (Week 3)

Monday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

Pleasant Emotions I felt today were

WEEKLY JOURNAL (Week 3)

Tuesday

Gratitude Entry - > What was the best thing that happened to me today?

What experience am I grateful for today and why?

WEEKLY JOURNAL (Week 3)

Wednesday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

How did you experience Connection today, specifically?

WEEKLY JOURNAL (Week 3)

Thursday

Gratitude Entry - > What was the best thing that happened to me today?

What am I most grateful for today and why?

WEEKLY JOURNAL (Week 3)

Friday

Envisioning your "wins"

Write out a specific moment/ play in this match you will positively impact. After you have done this, take a moment to visualise it.

GAME PREVIEW (PRE-GAME)



How are you feeling heading into this game?



Emotion 1

Why?

Emotion 2

Why?

Emotion 3

Why?

Game 1 Mantra

(One word that will embody my performance today)

Wellbeing Tracking

Physical Preparation

Sleep /5

Nutrition /5

Vitality /5

Psychological Preparation

Readiness /5

Self-talk /5

Attention /5



GAME REVIEW (POST-GAME)



3,2,1's

After each game write your answers to each of the questions below.

Three things that went well for me today

1. _____

2. _____

3. _____

Two things for improvement

1. _____

2. _____

One thing I can bring to my preparation next week

1. _____

GAME REVIEW (POST-GAME)



How did my game behaviours match my goals and expectations that I set for the game?

Were there things you didn't understand during the game?

What pleasant emotions did you experience today and why?

What unpleasant emotions did you experience today and why?

WEEKLY JOURNAL (Week 3)

Sunday

Weekly Activity: Empathy

Time to put yourself in someone else's shoes. Think about someone in your life who you cannot understand at present or aren't in agreement with.

Write down how you feel about that person from your perspective and then write back to yourself as though you're the other person explaining their point of view.

Share the letter with a close friend and gain their perspective on the situation.

WEEKLY JOURNAL (Week 4)

Monday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

Pleasant Emotions I felt today were

WEEKLY JOURNAL (Week 4)

Tuesday

Gratitude Entry - > What was the best thing that happened to me today?

What material possession am I grateful for today and why?

WEEKLY JOURNAL (Week 4)

Wednesday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

How did you experience Connection today, specifically?

WEEKLY JOURNAL (Week 4)

Thursday

Gratitude Entry - > What was the best thing that happened to me today?

What NFC coach or support staffer am I grateful for today and why?

GAME PREVIEW (PRE-GAME)



How are you feeling heading into this game?



Emotion 1

Why?

Emotion 2

Why?

Emotion 3

Why?

Game 1 Mantra

(One word that will embody my performance today)

Wellbeing Tracking

Physical Preparation

Sleep /5

Nutrition /5

Vitality /5

Psychological Preparation

Readiness /5

Self-talk /5

Attention /5



GAME REVIEW (POST-GAME)



3,2,1's

After each game write your answers to each of the questions below.

Three things that went well for me today

1. _____

2. _____

3. _____

Two things for improvement

1. _____

2. _____

One thing I can bring to my preparation next week

1. _____

GAME REVIEW (POST-GAME)



How did my game behaviours match my goals and expectations that I set for the game?

Were there things you didn't understand during the game?

What pleasant emotions did you experience today and why?

What unpleasant emotions did you experience today and why?

WEEKLY JOURNAL (Week 4)

Sunday

Weekly Activity: Random acts of Kindness

Plan four random acts of kindness for the coming week related to the value: *Connection*.

Write them down and then check them off once complete.

RAoK 1

RAoK 2

RAoK 3

RAoK 4

WEEKLY JOURNAL (Week 5)

Monday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

Pleasant Emotions I felt today were

WEEKLY JOURNAL (Week 5)

Tuesday

Gratitude Entry - > What was the best thing that happened to me today?

What am I grateful for about First Nation's People and why?

WEEKLY JOURNAL (Week 5)

Wednesday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

How did you experience Connection today, specifically?

WEEKLY JOURNAL (Week 5)

Thursday

Gratitude Entry - > What was the best thing that happened to me today?

What opportunity am I grateful for today and why?

WEEKLY JOURNAL (Week 5)

Friday

Envisioning your "wins"

Write out a specific moment/ play in this match you will positively impact. After you have done this, take a moment to visualise it.

GAME PREVIEW (PRE-GAME)



How are you feeling heading into this game?



Emotion 1

Why?

Emotion 2

Why?

Emotion 3

Why?

Game 1 Mantra

(One word that will embody my performance today)

Wellbeing Tracking

Physical Preparation

Sleep /5

Nutrition /5

Vitality /5

Psychological Preparation

Readiness /5

Self-talk /5

Attention /5



GAME REVIEW (POST-GAME)



3,2,1's

After each game write your answers to each of the questions below.

Three things that went well for me today

1. _____

2. _____

3. _____

Two things for improvement

1. _____

2. _____

One thing I can bring to my preparation next week

1. _____

GAME REVIEW (POST-GAME)



How did my game behaviours match my goals and expectations that I set for the game?

Were there things you didn't understand during the game?

What pleasant emotions did you experience today and why?

What unpleasant emotions did you experience today and why?

WEEKLY JOURNAL (Week 5)

Sunday

Weekly Activity: Positive Psychology - Affirmations

Affirmations are a self-empowerment practice. For today's activity, ask people to write an affirmation in your journal, then return the favour and write an affirmation in their journal.

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

WEEKLY JOURNAL (Week 6)

Monday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

Pleasant Emotions I felt today were

WEEKLY JOURNAL (Week 6)

Tuesday

Gratitude Entry - > What was the best thing that happened to me today?

What am I most grateful for today and why?

WEEKLY JOURNAL (Week 6)

Wednesday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

How did you experience Connection today, specifically?

WEEKLY JOURNAL (Week 6)

Thursday

Gratitude Entry - > What was the best thing that happened to me today?

What am I most grateful for today and why?

WEEKLY JOURNAL (Week 6)

Friday

Envisioning your "wins"

Write out a specific moment/ play in this match you will positively impact. After you have done this, take a moment to visualise it.

GAME PREVIEW (PRE-GAME)



How are you feeling heading into this game?



Emotion 1

Why?

Emotion 2

Why?

Emotion 3

Why?

Game 1 Mantra

(One word that will embody my performance today)

Wellbeing Tracking

Physical Preparation

Sleep /5

Nutrition /5

Vitality /5

Psychological Preparation

Readiness /5

Self-talk /5

Attention /5



GAME REVIEW (POST-GAME)



3,2,1's

After each game write your answers to each of the questions below.

Three things that went well for me today

1. _____

2. _____

3. _____

Two things for improvement

1. _____

2. _____

One thing I can bring to my preparation next week

1. _____

GAME REVIEW (POST-GAME)



How did my game behaviours match my goals and expectations that I set for the game?

Were there things you didn't understand during the game?

What pleasant emotions did you experience today and why?

What unpleasant emotions did you experience today and why?

WEEKLY JOURNAL (Week 6)

Sunday

Weekly Activity: Positive Emotions

Write about three things that happened this week that made you feel good or had a positive impact on you.

WEEKLY JOURNAL (Week 7)

Monday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

Pleasant Emotions I felt today were

WEEKLY JOURNAL (Week 7)

Tuesday

Gratitude Entry - > What was the best thing that happened to me today?

What family am I grateful for and why?

WEEKLY JOURNAL (Week 7)

Wednesday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

How did you experience Connection today, specifically?

WEEKLY JOURNAL (Week 7)

Thursday

Gratitude Entry - > What was the best thing that happened to me today?

What am I most grateful for today and why?

WEEKLY JOURNAL (Week 7)

Friday

Envisioning your "wins"

Write out a specific moment/ play in this match you will positively impact. After you have done this, take a moment to visualise it.

GAME PREVIEW (PRE-GAME)



How are you feeling heading into this game?



Emotion 1

Why?

Emotion 2

Why?

Emotion 3

Why?

Game 1 Mantra

(One word that will embody my performance today)

Wellbeing Tracking

Physical Preparation

Sleep /5

Nutrition /5

Vitality /5

Psychological Preparation

Readiness /5

Self-talk /5

Attention /5



GAME REVIEW (POST-GAME)



3,2,1's

After each game write your answers to each of the questions below.

Three things that went well for me today

1. _____

2. _____

3. _____

Two things for improvement

1. _____

2. _____

One thing I can bring to my preparation next week

1. _____

GAME REVIEW (POST-GAME)



How did my game behaviours match my goals and expectations that I set for the game?

Were there things you didn't understand during the game?

What pleasant emotions did you experience today and why?

What unpleasant emotions did you experience today and why?

WEEKLY JOURNAL (Week 7)

Sunday

Weekly Activity: Gratitude Relationships

Write a note to a family member or special person in your life.

Let them know the happiest memories you have with them; it would be great if you could show them this note or take a picture of it and send it to them (if this person is no longer with you, share it with someone close to them).

WEEKLY JOURNAL (Week 8)

Monday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

Pleasant Emotions I felt today were

WEEKLY JOURNAL (Week 8)

Tuesday

Gratitude Entry - > What was the best thing that happened to me today?

What material possession am I grateful for today and why?

WEEKLY JOURNAL (Week 8)

Wednesday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

How did you experience Connection today, specifically?

WEEKLY JOURNAL (Week 8)

Thursday

Gratitude Entry - > What was the best thing that happened to me today?

What NFC coach or support staffer am I grateful for today and why?

WEEKLY JOURNAL (Week 8)

Friday

Envisioning your "wins"

Write out a specific moment/ play in this match you will positively impact. After you have done this, take a moment to visualise it.

GAME PREVIEW (PRE-GAME)



How are you feeling heading into this game?



Emotion 1

Why?

Emotion 2

Why?

Emotion 3

Why?

Game 1 Mantra

(One word that will embody my performance today)

Wellbeing Tracking

Physical Preparation

Sleep /5

Nutrition /5

Vitality /5

Psychological Preparation

Readiness /5

Self-talk /5

Attention /5



GAME REVIEW (POST-GAME)



3,2,1's

After each game write your answers to each of the questions below.

Three things that went well for me today

1. _____

2. _____

3. _____

Two things for improvement

1. _____

2. _____

One thing I can bring to my preparation next week

1. _____

GAME REVIEW (POST-GAME)



How did my game behaviours match my goals and expectations that I set for the game?

Were there things you didn't understand during the game?

What pleasant emotions did you experience today and why?

What unpleasant emotions did you experience today and why?

WEEKLY JOURNAL (Week 8)

Sunday

Weekly Activity: Gratitude - Letter

Think of someone at NFC who is having - or has had - a positive impact on your life.

Write this person a thank you message for all they have done for you; be specific when mentioning how they have positively impacted you. Once you have finished, pull them aside and read it to them - or alternatively message it.

WEEKLY JOURNAL (Week 9)

Monday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

Pleasant Emotions I felt today were

WEEKLY JOURNAL (Week 9)

Tuesday

Gratitude Entry - > What was the best thing that happened to me today?

What experience am I grateful for today and why?

WEEKLY JOURNAL (Week 9)

Wednesday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

How did you experience Connection today, specifically?

WEEKLY JOURNAL (Week 9)

Thursday

Gratitude Entry - > What was the best thing that happened to me today?

What am I most grateful for today and why?

WEEKLY JOURNAL (Week 9)

Friday

Envisioning your "wins"

Write out a specific moment/ play in this match you will positively impact. After you have done this, take a moment to visualise it.

GAME PREVIEW (PRE-GAME)



How are you feeling heading into this game?



Emotion 1

Why?

Emotion 2

Why?

Emotion 3

Why?

Game 1 Mantra

(One word that will embody my performance today)

Wellbeing Tracking

Physical Preparation

Sleep /5

Nutrition /5

Vitality /5

Psychological Preparation

Readiness /5

Self-talk /5

Attention /5



GAME REVIEW (POST-GAME)



3,2,1's

After each game write your answers to each of the questions below.

Three things that went well for me today

1. _____

2. _____

3. _____

Two things for improvement

1. _____

2. _____

One thing I can bring to my preparation next week

1. _____

GAME REVIEW (POST-GAME)



How did my game behaviours match my goals and expectations that I set for the game?

Were there things you didn't understand during the game?

What pleasant emotions did you experience today and why?

What unpleasant emotions did you experience today and why?

WEEKLY JOURNAL (Week 9)

Sunday

Weekly Activity: Resilience Strategies

Here are some external strategies that can help build your resilience:

- A sense of being connected and belonging
- Feeling empowered enough to make a difference in your life and the lives of others
- Feeling that people have high expectations of you
- Feeling engaged at school, work or sport

Try some of these strategies and write down how you are feeling when you experience these external factors.

WEEKLY JOURNAL (Week 10)

Monday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

Pleasant Emotions I felt today were

WEEKLY JOURNAL (Week 10)

Tuesday

Gratitude Entry - > What was the best thing that happened to me today?

What material possession am I grateful for today and why?

WEEKLY JOURNAL (Week 10)

Wednesday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

How did you experience Connection today, specifically?

WEEKLY JOURNAL (Week 10)

Thursday

Gratitude Entry - > What was the best thing that happened to me today?

What NFC coach or support staffer am I grateful for today and why?

WEEKLY JOURNAL (Week 10)

Friday

Envisioning your "wins"

Write out a specific moment/ play in this match you will positively impact. After you have done this, take a moment to visualise it.

GAME PREVIEW (PRE-GAME)



How are you feeling heading into this game?



Emotion 1

Why?

Emotion 2

Why?

Emotion 3

Why?

Game 1 Mantra

(One word that will embody my performance today)

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Physical Preparation

Sleep /5

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Vitality /5

Psychological Preparation

Readiness /5

Self-talk /5

Attention /5



GAME REVIEW (POST-GAME)



3,2,1's

After each game write your answers to each of the questions below.

Three things that went well for me today

1. _____

2. _____

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Two things for improvement

1. _____

2. _____

One thing I can bring to my preparation next week

1. _____

GAME REVIEW (POST-GAME)



How did my game behaviours match my goals and expectations that I set for the game?

Were there things you didn't understand during the game?

What pleasant emotions did you experience today and why?

What unpleasant emotions did you experience today and why?

WEEKLY JOURNAL (Week 10)

Sunday

Weekly Activity: Friendship

Focus on the way positive friendship feels to you, write a list of the people who:

1. Accept you for who you are and therefore allow you to be yourself
2. Make you feel better after spending time with them
3. You understand and admire
4. Is a person you can trust

WEEKLY JOURNAL (Week 11)

Monday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

Pleasant Emotions I felt today were

WEEKLY JOURNAL (Week 11)

Tuesday

Gratitude Entry - > What was the best thing that happened to me today?

What am I most grateful for today and why?

WEEKLY JOURNAL (Week 11)

Wednesday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

How did you experience Connection today, specifically?

WEEKLY JOURNAL (Week 11)

Thursday

Gratitude Entry - > What was the best thing that happened to me today?

What am I most grateful for today and why?

WEEKLY JOURNAL (Week 11)

Friday

Envisioning your "wins"

Write out a specific moment/ play in this match you will positively impact. After you have done this, take a moment to visualise it.

GAME PREVIEW (PRE-GAME)



How are you feeling heading into this game?



Emotion 1

Why?

Emotion 2

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Emotion 3

Why?

Game 1 Mantra

(One word that will embody my performance today)

Wellbeing Tracking

Physical Preparation

Sleep /5

Nutrition /5

Vitality /5

Psychological Preparation

Readiness /5

Self-talk /5

Attention /5



GAME REVIEW (POST-GAME)



3,2,1's

After each game write your answers to each of the questions below.

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Two things for improvement

1. _____

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One thing I can bring to my preparation next week

1. _____

GAME REVIEW (POST-GAME)



How did my game behaviours match my goals and expectations that I set for the game?

Were there things you didn't understand during the game?

What pleasant emotions did you experience today and why?

What unpleasant emotions did you experience today and why?

WEEKLY JOURNAL (Week 11)

Sunday

Weekly Activity: 'Marble Jar activity'

How are you building further connection with the group this week?

Whose jar are you going to add a marble to this week?

What is one small goal for this week and how will you keep yourself accountable?

WEEKLY JOURNAL (Week 12)

Monday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

Pleasant Emotions I felt today were

WEEKLY JOURNAL (Week 12)

Tuesday

Gratitude Entry - > What was the best thing that happened to me today?

What am I most grateful for today and why?

WEEKLY JOURNAL (Week 12)

Wednesday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

How did you experience Connection today, specifically?

WEEKLY JOURNAL (Week 12)

Thursday

Gratitude Entry - > What was the best thing that happened to me today?

What am I most grateful for today and why?

WEEKLY JOURNAL (Week 12)

Friday

Envisioning your "wins"

Write out a specific moment/ play in this match you will positively impact. After you have done this, take a moment to visualise it.

GAME PREVIEW (PRE-GAME)



How are you feeling heading into this game?



Emotion 1

Why?

Emotion 2

Why?

Emotion 3

Why?

Game 1 Mantra

(One word that will embody my performance today)

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Vitality /5

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GAME REVIEW (POST-GAME)



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One thing I can bring to my preparation next week

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GAME REVIEW (POST-GAME)



How did my game behaviours match my goals and expectations that I set for the game?

Were there things you didn't understand during the game?

What pleasant emotions did you experience today and why?

What unpleasant emotions did you experience today and why?

WEEKLY JOURNAL (Week 12)

Sunday

Weekly Activity: Vision Board

Place photos that inspire you for what you want to bring into your life for the year ahead.

WEEKLY JOURNAL (Week 13)

Monday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

Pleasant Emotions I felt today were

WEEKLY JOURNAL (Week 13)

Tuesday

Gratitude Entry - > What was the best thing that happened to me today?

What am I most grateful for today and why?

WEEKLY JOURNAL (Week 13)

Wednesday (Training Day)

Morning: Nutritional Intake

Pre-Training: Three things I want to focus on

Post-Training: Feedback received and what I will do with it

How did you experience Connection today, specifically?

WEEKLY JOURNAL (Week 13)

Thursday

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What am I most grateful for today and why?

WEEKLY JOURNAL (Week 13)

Friday

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Sleep /5

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Vitality /5

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Readiness /5

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Attention /5



GAME REVIEW (POST-GAME)



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GAME REVIEW (POST-GAME)



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Were there things you didn't understand during the game?

What pleasant emotions did you experience today and why?

What unpleasant emotions did you experience today and why?

WEEKLY JOURNAL (Week 13)

Sunday

Weekly Activity: Season Reflection

Write about one of your happiest memories this year?

What are you the most proud of this year?

What has been your biggest area of growth?



NORWOOD LADY LEGS

2023
Journal

