



MY SPORT

AND BEYOND JOURNEY

**Written by
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PREFACE

For as long as I can remember, I've been different.

I think differently, look at things differently and question everything.

At the time of writing these words, I'm 54 years of age and have been on a constant journey of development and self discovery since I was about 19.

Hi, My name is Bruce Hultgren and I'm the creator of this course.

It's been created out of pure need and is presented as a gift to my fellow human beings.

No outcome promises, just a course to maybe help you at this point in time in your journey, to enable you to get from where you are today, to where it is you'd like to get to.

Let me explain where I'm coming from and how this course has come about.

I was fortunate enough to play basketball at the pro level in Australia's National Basketball League for 8 years and also play in the semi pro leagues for both 3 years prior to and post this 8 year period. A 14 year journey where the sport consumed me and my priorities.

Skip forward to my late forties and I started the thought process of developing an App for athletes and coaches.

Following years of coaching and being coached I realised that there was a gaping hole in the market for an all encompassing App that covered everything from goal setting, daily task setting, wellbeing management, communication and other features.

One of those features was a psychology component that many could use in the comfort of their own mobile device to help them deal with different scenarios on their life journey.

During the training course I attended for this component, was a documentary on ex pro athletes who had completely lost their way after they retired.

And the underlying message was this... WHO were they now? What was their purpose. And then I realised not only did I go through the same things many years ago, I witness this situation more than I care to imagine whenever I see athletes cut from certain squads, get injured or just lose the passion to continue to train to try and achieve excellence.

So I started searching for a program or an App that could help every athlete of any age get through this stage and prepare for this stage of their life journey, that stage when they're no longer an athlete at the level they want to compete at.

For others, this is a course that can be completed no matter your stage of life journey, we simply treat today as Day 1 of your next chapter.

Wherever you've come from, wherever sport, whatever level, welcome.

You're not alone.

Every one of us has a story, it's our own unique story.

Wherever you are watching or listening to these lessons, please take them as they're intended, a gift to help a fellow human being. If they work for you, fantastic, if they don't, that doesn't mean there's something wrong with you, it means that as one of the 7 billion members of the human race on this planet, you need a different message because you're simply different to me.

Please remember this... YOU ARE LOVED and as such, an amazing, incredible work of art that is on the journey that is the miracle of life.

Can't wait to see what you do.

Let's begin.

Bruce ;)

Introduction

Hi and welcome.

My name is Bruce Hultgren - I'm the creator and founder of GOYA Sport.

From the beginning, every athlete knows at the back of their mind that their athletic career will not last forever. It doesn't matter how good you are; one day you will no longer be good enough or your body will simply say "enough".

Being an athlete is fantastic, but it never lasts forever.

Sometimes the decisions that stop us from competing are made far earlier than we want them to happen, due to injuries or selection choices.

An athlete is an athlete. No matter your age, ability or the level you achieve in your sport. We go through nearly all the same emotions, setbacks and elations no matter the level of competition. But why do we think it's going to last forever? When deep down in our heart, we know that this is always just going to be a chapter of our life journey.

It's not who we are, it's what we love to do and it's our passion.

Please remember these key points.

- * It's never too early to start thinking about life after sport - prepare while you're still competing.
- * Focus on the bigger picture
- * We are planting the seed of what to do after sport

As an athlete, it is important to feel confident about your future so that you can focus on the present and perform at your best. When you are so focused on training and competing you can lose track of who you are and what makes YOU unique.

It's important to discover your purpose.

Let me repeat that again....

It's important to discover your purpose.

The earlier you start to think about your life journey after your sport, by devoting some time to complete this course and prepare, the better off you will be for the rest of your life journey.

This course has been developed after seeing examples, hearing stories and self experiencing all the emotions that come from being and then not being, an athlete.

But the primary driver to develop this course was the uncovered need.

The documentaries that have appeared on different forms of media that are based around interviews with ex professional athletes and the struggles they face upon retirement.

And then I started digging, asking questions and relating back to my personal experiences. There is a HUGE need for a course like this, so.... Here we are!

Each lesson has been designed for you to take action quickly and easily, to create positive habit loops, to make great progress and to feel a level of accomplishment upon completion.

Let's get some disclaimer stuff out of the way, before we begin.

No - I'm not a psychologist.

No - anything I've written about in here is not medical or professional advice.

These lessons are designed to help YOU on YOUR JOURNEY.

Your life journey is unique to you and you alone.

We love that our paths have crossed with yours and you've chosen to be here with us, we'd love to hear your feedback and about your successes so we can all inspire others on their life journey to achieve amazing things.

Thanks for being here, let's get started.

Lesson 1

You Are Not Your Sport

When you look in the mirror - what do you see?

You... are not your sport!

You are a member of the human race who has chosen to compete in a sporting arena for a chapter in your life journey.

For now - you might be an athlete and may be lucky enough to be introduced as "this is "you" and then you're tagged as your "athletic achievement".

But that's not "you".... that's what you do.

In 20 years from now - what will you be tagged as?

WHO are you?

Your sport is called an event or competition for a reason - it requests that participants engage, train, compete and complete the event. This is cyclical, it just repeats and repeats. There is not a human on the planet who "is" a sport.

When you leave a sport, regardless of how good you are at it, you will leave the same sized hole that is left when you pull your finger out of a glass of water.

There will always be someone to replace you. You might be "the" player of a generation, and get inducted into your sport Hall of Fame, but that is a result of your ability in your sport, that does not represent you the human, the very unique human with your own purpose, values and inner thoughts.

And as unique as you are - the story of athletes ending their sporting chapters, at many different stages, is not unique.

Your best.... Is OUTSIDE your sport.



And just like a doctor - they're a person who specialises in medicine, when they're away from their office, they're just like you and I. Same goes for you the athlete. Away from your sport, you are you.

Your GOYA action steps for today are..

1. Complete your profile on the GOYA system
2. Go to connections and invite your first connection, invite an Athlete, Coach or your Org to Connect! Please note - Athletes CANNOT connect with other Athletes.

Lesson 2

You Are Forgiven

Please remember these 3 simple words.

You.... Are..... Forgiven.....

It's time to separate yourself from your past hurts and regrets....It's time to Forgive yourself.

No matter your previous choices, habits or decisions.

As of today you're on a brand-new path.

Any past of limitations, perceived failures and self-doubt thoughts,

Can be brought to your consciousness and enable you to make the decision to continue each thought

or make the decision to change each thought and your reaction to each thought.

In a moment I'll ask you to press pause and take some time to write down what you previously haven't forgiven yourself for.

These now need to be forgiven to enable you to move forward. These could be something big or small.

On a notepad write down.... "So that I can clean the slate and move forwards, I forgive myself for....."

Please set a timer for 5 minutes, start it and then press pause so you can complete this exercise. If you need more or less than 5 minutes, that's ok - there's no rules - whatever works for you.

Please press pause now.

Welcome back. I hope you managed to forgive yourself on one or a few things and it's allowed you to free up your mind.

Let's move onto the next part of the lesson.

Are you 100% responsible for the decisions you've made to this point in your life? 100% yes.
Are you 100% responsible for each choice and action and reaction you take FROM this point in your life? 100% yes!

The basis for this question?

Please remember this....

"In order to get from where you are now... To Where you want to be.... equals..... what you do."

And just so you REALLY get the message to sink in... here it is again for you to remember...

You.... are..... forgiven.....

No matter your previous choices, habits or decisions.

As of today you're on a brand-new path.

Any past of limitations, perceived failures and self-doubt thoughts,

Can be brought to your consciousness and enable you to make the decision to continue each thought

or make the decision to change each thought and your reaction to each thought.

Are you 100% responsible for the decisions you've made to this point in your life? 100% yes.

Are you 100% responsible for each choice and action and reaction you take FROM this point in your life? 100% yes!

Please remember this....

"In order to get from where you are now... To Where you want to be.... equals..... what you do."

Your GOYA action steps for today are.....

1. Please open your journal and start a new entry. The title of the entry is....

"So that I can clean the slate and move forwards, I forgive myself for....."

Please copy the items you've identified onto separate lines on the page.

At the end of each line - in CAPITAL LETTERS type in.... YOU ARE FORGIVEN

(Show a demo of this on the screen so they can literally see it.)

2. Please go to your Task list and set up a monthly recurring task to revisit this journal entry on a monthly basis for 2 reasons.

a) To remind yourself that you've forgiven yourself for these past thoughts and reactions

b) To enter any new thoughts that you're now aware of and go through the same process to forgive yourself for holding onto these thoughts and reactions.

Lesson 3

This Is A One Way Love Affair

You may have heard this statement or you've said it yourself....

"I love my sport and I've dedicated most of my life to it"

But you need to always remember this...

Your sport will never, ever, ever, love you back.

EVER.

Your sport is always looking for the next athlete to challenge, the next event and the next generation of athletes to mould, influence and inspire.

It'll never call you up and ask how you're going.

It's not personal, it's just the way it is.

As soon as you remember this, appreciate this, and make yourself aware of this - you'll be able to let your sport go on its' way and not be confused by the lack of love back.

It is what it is.

Your GOYA action steps for today are....

Watch this lesson again and let it really sink in.

Open your Goya journal and make some notes about what this lesson means to you.

Lesson 4

Your Journey Has Forks In The Road

Please remember this...

Some days you're going to feel awesome and others, you just won't.

Every now and then you're going to feel like you've come to a fork in YOUR road.

And the choices presented to you in that fork will be "Continue" or "Give Up"

At the time you feel like giving up, please, please, please make the choice to continue.

This decision is all about you, your journey, your life.

I'm going to give you the heads up that this decision time WILL come, and probably more than once.

Please make the choice to continue.

Whenever you feel like giving up, it's typically because you feel like you're on your own.

Always remember that you're not alone, plug into your resources and choose to persist, to continue, to push on.

There are no rules – this isn't school, it's life.

Love yourself. You are SO worth it!

Please remember – every choice is about you and your purpose.

It's your life, your journey.

Your GOYA action steps for today are....

Watch this lesson again and let it really sink in.

Open your Goya journal and make some notes about what this lesson means to you.

Lesson 5

Understand That This Is A Chapter In Your Life, Not Your Whole Life

I want you to picture the following in your mind.

You're sitting in front of an athlete who competed in the 1984 Los Angeles Olympic Games. And just as you're trying to work out in your head exactly how many years ago that was, I want you to ask yourself this... "Do you think the person in front of you is still acting as if they're an athlete, or have they decided to get on with their life and achieve so many more things?"

When you put it like this, it makes sense right?

You're only an athlete for a specific chapter of your life.

It's no different to being a child for a chapter, a teenager for a chapter, and an athlete for a chapter. These are definitive and specific chapters in your life.

When you turned 13 - you knew that as soon as you turned 20 - your teenage years were over. You knew it, you dealt with it.

It is what it is.

So let's talk about your athletic chapter and start preparing you mentally for the time when you're not an athlete.

This isn't a sad time, in fact, because you're being made aware of it now, preparing for it will make you appreciate every single event, every practice and every opportunity that you're experiencing now.

Many don't appreciate this journey until it's too late.

And this is typically because no one has made them conscious about this part of their life journey and all of the wonderful things that sport presents by being involved.

And just like that, it's over.

Whether it's that time to retire, you're not selected to continue or an injury cuts short a career, then, no matter the level of competition..... you're done.

It has been said that athletes die twice in their lives.

Once when they retire and then again, when they pass away.

But what if we could enjoy, celebrate, and appreciate this chapter right from the very start, then we'd have a lifetime of positive memories.

All because we were conscious.

Please remember..... this isn't all doom and gloom - far from it.

It's a lesson in bringing your journey and experiences to your consciousness so you can embrace every moment.

I've asked many athletes that are now retired, whether they'd appreciate a course like this to make them aware of the journey all along, and they all said that they would all jump on it and enjoy every minute and challenge.

Because it isn't a matter of if the end of your sporting journey is going to happen, but just like ending your teenage years, it's when.

The challenge is, you never know when that will be.

Hopefully the decision is yours at the end of a long and happy career. (Note that I didn't say successful, sport is FUN and you should be HAPPY being involved in it.)

Fact is - you're retired from your sport longer than you'll be involved in it, so ENJOY it!!!

Cherish every single moment.

Please remember this...

There are people in our communities who will never know what's it's like to be put under the stress of training, or to compete on a stage in front of others at any level.

They just don't get that chance.... ever.

Don't ever take your sport and this special opportunity for granted.

Your GOYA Action steps for today are....

1. Open your journal and start a new entry. Call this entry.... "I'm Grateful For...."

Please take 5-10 minutes to write down every single thing in your life that you're grateful for.

And please don't limit it to your sport.

Here's some thought starters.

I'm grateful for....

My eyes

My ears

My hands

The computer I type on

The technology that allows me to complete this system

My sport

My ability

My healthy body that allows me to compete

Go!!!!!!

2. Make a repeating task to remind you revisit this exercise every month and add new "gratitude" items.

Lesson 6

Dealing With Internal Expectations - Letting Go

Your Mind - "A place where effort and attitude need to be celebrated, not the outcome."

One of the hardest things to do is to live up to your own expectations.

You beat yourself up over errors or missed opportunities while participating in your sport, without ever taking a moment to really think about these situations.

You made an error - you obviously didn't mean it, no one thinks less of you for it. You're still loved by your friends and family. Forgive yourself. Learn from it, let go.

(Pause to let this sink in.)

Missed opportunities.

Have you ever considered that every event that has ever happened to you to has brought you to this exact point in time?

Maybe this missed opportunity was a lesson, a teaching point, or just the way it was meant to be. It's happened, but have you ever thought to look at all of these experiences from another angle?

Upon reflection of the final message in the last lesson about those in your community who never get the chance to experience competing and training....

Have you ever considered just how fortunate you were in the first place to even be in the situation to have that opportunity presented?

Maybe it didn't work out that time, but what's the lesson? EVERY experience has a lesson.

And then, there's the internal, mental challenge, of not achieving what you personally set out to do. (This haunted me for years.)

You never think about a high level athlete not achieving what they internally ask of themselves, but there are stories everywhere about this.

Someone is playing professionally, but they're a role player, and not in the top 10% in their field. Athletes never experience the thrill of winning, they don't know what it's like to win the Championship, whether with their team or as an individual. And then you have Olympians who don't win a coveted medal.

Does this make them a failure?

These internal EXPECTATIONS and outcomes... are usually the hardest thing for athletes do deal with.

Not errors or missed opportunities, it's dealing with the internal expectations put on one's self and the sense of embarrassment of not achieving these outcomes.

And this is why some athletes just can't/won't retire - until they've exhausted every chance to achieve this outcome.

But the absolute bottom line is this.

YOU... ARE... LOVED.

Regardless of your achievements, title, perceived status.

Whatever you think of you as a result of your sporting outcomes should never be confused with love.

You were a child and friend long before you were an athlete. (Long pause here)

Let's look at all of the possible relationships you're involved in and the network you're a part of.

You're a precious child, a friend, an inspiration, a companion, a sibling, and the list goes on.

You will NEVER be judged on what YOU perceive as failure within your sporting arena, both now and into the future.

Your network is there to support you as a human being first that is all of the amazing things you are.... “outside” of your sport.

Your GOYA Action Steps for today are....

1. You can complete this exercise by typing right into your journal, or you can complete this with a pen and paper, then transfer to a new journal entry.

The Title of this journal entry is...

“Thanks for the memories, but I’m done with you now, I’m moving on.”

Please make a list of ALL past thoughts and memories and scars you’re carrying.

Your first line should read....

I’m holding on to these thoughts, memories and scars....

Then start writing!!!!

Once you feel like you’ve completed this list, it’s time to literally blow them out of your system one by one.

For each line you’ve written - please repeat this action....

Say out loud... “To the memory of (say the item on your list), “Thanks for the memories, but I’m done with you now, I’m moving on.”

Close your eyes, take a deep breath and breath out through your mouth - and envision blowing this memory completely out of your system.

It's important that you feel like this action is completed - if you do feel like there's part of that memory still in your system, repeat the breathing exercise until it has been exhausted from your body.

On the right hand side of that line in CAPITAL LETTERS write - BLOWN AWAY

Please repeat for each line on your list.

You're going to feel lighter and have a clearer head when you do this exercise, and you'll probably need to do it more than once. There's no rules, go for it.

2. Please go to your Task list and set up a monthly recurring task to revisit this journal entry on a monthly basis for 2 reasons.

- a) To remind yourself that you've BLOWN AWAY these past thoughts and reactions
- b) To enter any new thoughts that you're now aware of and go through the same process to BLOW AWAY.

Lesson 7

Finding Your Purpose

What's the purpose of YOUR journey?

You want to get from where you are and move forward to where you want to get to.

But why?

What your purpose?

I want you to learn how to live "on purpose"!

When you find that everything has a reason, choices become easier, life changes!

There is a simple exercise we going to do right now.

The 15 minute What do I want - "purpose" exercise.

Please grab a pen and paper, Find a comfy chair, where you can write and be focussed. Try to eliminate all distractions.

At the end of this lesson, set a timer for 15 minutes. (we've added 15 minutes of background music at the end of this video for you to complete this task to if you like.)

At the top of your page in large letters write. What do I want?

When you click start on the timer - you're going to say out loud "What do I want?"

Then write your answer.

After you've written each answer, say it again, out loud, "what do I want"?

You're more than likely going to start listing material things, a house, car, etc.

By the time you get to 15 minutes, you'll be writing those things that are at the real core of your being, your soul, your purpose!

At the end of 15 minutes, please sit quietly and review your list.

You GOYA action steps for today are....

1. Complete your "what do I want? - purpose" Exercise.
2. Please start a journal entry called "Discovering My Why" and type in all of your responses to use for future reference.
3. Make a repeating task to remind you revisit this exercise every month to review.

Lesson 8

The Vision In Your Mind

This journey is all about YOU!

It's about YOUR dreams and expectations.

You don't need anyone's approval for these.

You need to Start by honouring YOUR preferences.

As an example, if you don't like to specifically eat something, then don't eat it!

Whenever you're confronted with a choice of any size, always ask...

What do I prefer? What would I rather do? What's my choice?

Does it align with YOU?

After completing the "what do I want?" exercise, you can start on your very own unique pathway and journey towards whatever it is that you want to start achieving.

As an example....

If you have discovered a real interest that you'd like to pursue during or after your sporting career, you can start learning from the experts now.

That's the best part about the world we live in now, you can actually choose to study what interests you and what gets you excited.

You can...

Watch videos online, research available courses, read all you can on the subject.

Here's the secret - because you actually WANT to do this, it won't ever be a chore or unwelcome demand of your time.

Now grab your "what do I want?" list and go through each one and choose if you really do want each thing.

Make your choices and decisions, yes or no - there are no wrong answers!

And these are NOT set in concrete, if you decide that you want something today and in a week or a year you change your mind - that's totally OK - who said that there's a rule for this?

Always....Honor.... YOU.

Let's take a moment now to enter these "yes" items one by one into the goal section of your GOYA Sport app.

We'll revisit these again soon, so for now, set them to be completed on either the date of December 31 of this year.

If it's a long term goal that you already know the target date (World Championships, Olympics etc) go ahead and put the date of the opening ceremony in.

At the end of this lesson, I want you to take 10 minutes and think about achieving three super big, super scary goals!

What if you were to have achieved them?

These would be an unbelievable outcome for you.

(we've created a 10 minute soundscape for you to complete this task with - it's at the very end of this video for you.)

There are examples all around you of someone's amazing visions coming to life.

The phone you're using, the computer, Disneyland, planes, cars – examples are everywhere!

So... Why not you?

If you're having trouble thinking about these scary big goals, close your eyes and think of some things that give you "excitement" goosebumps.

What makes your heart race?

(For me, writing these words and knowing I was going to be helping you creates goosebumps! I had a vision to help millions around the world via an App - and here I am!)

This is YOUR vision, and don't let anyone talk you out of it. (Especially yourself!)

No rules, no limits, dream big!

When you've got your three scary big goals – or how ever many you've thought of.... There are no rules remember!

Go ahead and add them as goals into your GOYA Sport app.

Don't worry about the HOW yet, just put them in.

You GOYA Action steps for today are....

1. Go through your "what do I want?" List and make deep down decisions on whether you really want each of these things - one by one. If it is a YES - please enter it as a goal in your goals section of your GOYA Sport App with a target date of Dec 31 this year, or a specific date if you already have it in your mind.
2. Dream about 3 SUPER BIG and Super Scary Goals that would be amazing should you achieve them. What are they? Please add them as goals into your GOYA Sport App.
3. Make a repeating task to remind you revisit this list every week or month to review.
4. Remember to Always Honour You and Your Choices.

Lesson 9

It's Safe To Fail Sometimes

Please remember that....It is absolutely safe to fail sometimes.

Maybe when you were younger it wasn't safe to fail, there were school, peer and life pressures, but it's safe now!

New habits take time and even these new habits will fail you sometimes.

In the sporting world it's as simple as making an unforced error or learning a new skill.

Sport is a "failure rich" environment, it's just the way it is.

No one knows exactly what's going to happen or what the result will be.

That's the beauty of sport!

It's safe to fail as you develop, train and compete.

But you CAN forgive yourself when this happens. It's all part of the journey and building your experience level.

Remember to bring forgiveness to yourself when failure happens.

There are two simple guidelines when it comes to creating a new habit.

21 days of practice, or 20 hours of practice.

We are going to encourage you to measure and complete the 20 hours of practice guideline.

It's very important that you actually measure the time you have put in to creating this new habit or skill.

This is a marathon, not a sprint.

Nothing is 100% correct all the time, never has been, never will be, so give yourself permission to fail, it's just a part of the journey.

Embrace it, don't try and avoid it, learn, grow, move forwards, measure!

Your GOYA action step for today is....

1. Review your goals and see if you need to attach a 20 hours of practice guideline to it. If so, create and add a repeating task until the 20 hours has been measured and completed. This could be as simple as a daily task of 5 minutes to complete practicing a skill. Or 10 minutes 3 times a week until completed. It's your journey - how do you want it to happen?

Lesson 10

Your Purpose Statement

Creating your purpose statement.

Now that you've completed the "what do I want?" exercise, we need to create your purpose statement.

If you're still not sure about what your "why" is...

We're about to put some statements up on the screen to help you with some thought starters.

When you see them, please press pause, set a timer for 5-10 minutes and read all the statements on the screen.

Grab your pen and paper and start writing your thoughts to these questions you see on the screen - please remember - there are no wrong answers, this is all about YOU.

Who am I and why am I here?

How can I be of service?

What's the legacy I'd like to leave?

What are my gifts and talents that I can share with this world?

What lessons can I share?

What's my message?

What makes my heart sing?

It's time to start creating your purpose statement. We're going to show some example purpose statements.

When they come up, please press pause whenever you like and take your time to think!

My mission is to create, nurture, and maintain an environment of growth, challenge, and unlimited potential for all those around me.

My life purpose is to energize, connect, and inspire purpose in others.

My mission is to enliven, encourage, and reinspire the love of music for children in public schools.

To be a positive role model & help people.

My purpose in life is....

I Was Born To...

I Want To...

My Mission In Life Is...

I Want To Spend My Life...

I See Myself...

Your GOYA action step....

1. Once you're happy with your purpose statement - please open your GOYA Sport app and start a new journal entry - the title of this entry will be

"My Purpose Statement" - enter your statement and press save.

2. If you're not sure about this just yet, please set a task reminder for you to revisit this to complete it for whenever you like!
3. Make a repeating task to remind you revisit this statement every month to ensure it aligns with YOU.

Lesson 11

Your Values

Now that you've uncovered your purpose, there's usually some words that will connect you to your purpose.

These words will really connect you to your purpose statement and will become the basis of many of your decisions going forwards.

In a moment, we're going to put some popular values words for you to choose from, to get your mind started, so you can create your own series of words.

Remember – these will be YOUR words, use any word you like and as you go on your life journey, these will probably change.

That's okay too!

Try and choose four words (five at the most)

Please set your timer for 10 minutes while you read and think about YOUR values words.

It might take you a minute or more than 10 - there's no rules - just take whatever time you need.

Here come the words, press pause and enjoy this process!

Adventurous	Faithful	Kind
Balanced	Forgiving	Loving
Comforting	Friendly	Passionate
Compassionate	Fun	Peaceful
Confident	Funny	Powerful
Courageous	Gracious	Purpose
Creative	Happy	Respectful
Determined	Healthy	Spiritual
Disciplined	Honest	Strong
Educated	Independent	Successful
Energy	Inspirational	Trustworthy
Empathetic	Intelligent	Truthful



Welcome back - how did you go?

If you got your words - fantastic, if you've got a collection and you can't choose them yet, that's OK too.

Let's take an action step so we can revisit them.

Your GOYA Action step is

1. Please open your GOYA Sport app and start a new journal entry titled "My Values Words" - enter your values words and press save.
2. Make a repeating task to remind you revisit this exercise every 3-6 months to review.

We want you to revisit them to see if they're still relevant, to strengthen your commitment to them, or to change them.

Lesson 12

It's Within You.

Now that you've discovered your purpose, and decided on your values, you can start making your choices that align with these.

Being an athlete or coach isn't just about your sport, it's an amazing experience on your life journey.

It's a moment to moment, day to day and long-term thing.

In order to reach your goals, it's the holistic approach that will make the biggest difference.

Sport isn't just about your physical body.

It embraces your body, your mind and your spiritual being.

It's an inside-out approach.

Your purpose, that's within you,

Your mind, is within you.

Your spirit is within you.

By living "on purpose", the bigger picture you see becomes clearer, more positive, more exciting.

You will simply feel better, because every decision and choice you make from now, will be based around this simple question...

"Does this align with my purpose and values?" It's a yes or no question.

Throughout this program, the answers to specific questions can only be answered by you and the alignment to YOUR purpose.

Your ultimate responsibility is to be yourself. You can't be someone else!

Your GOYA action steps for today are....

Watch this lesson again and let it really sink in.

Open your Goya journal and make some notes about what this lesson means to you.

Lesson 13

Your 5 Closest Friends

I want you to think about your 5 closest friends for a moment.

Are they aligned to this journey you're on?

If these five people aren't aligned with your journey, your purpose, and thought processes, maybe it's time to make the choice to surround yourself with those people who will support you, grow with you, transform with you.

These five people should inspire, uplift, encourage, promote and empower you.

"Who is in your positive tribe?"

Think about this.

For every situation, you have a choice. Whatever you choose to do, will determine the outcome of that situation.

"It might not be easy, but it is going to be worth it"

Your GOYA Action step for today is....

1. Open your journal and Title It - My 5 Closest Friends Are....
2. Write this list of your 5 closest friends. Next to each of their names, write down why you love them and if they're aligned to you and your journey.
3. If the answer is yes - fantastic.
4. If the answer is no - you need to make a decision on whether you maintain this relationship for the long term. (You might not need to take action today - but at least be conscious of this relationship and its' status for you.)

Lesson 14

Habits and Choices

It's not perfection you're chasing, its consciousness!

Your habits, all of them, have brought you to this point.

The exciting part from here is that you can make yourself aware of every single one of them.

If the habit serves your purpose, keep it, if it doesn't, say....

"Thank you for the lessons you've provided and bringing me to this point in my journey,

I'm making the choice to let you go and I'm heading in another direction.

One that serves my purpose, goodbye!"

The road bumps you experience in your journey, the missed sessions, the food choices, etc are simple reminders that you need to make a choice.

Realign to your purpose and move forwards.

Empower yourself to fail as you transform.

It's part of the journey.

Your GOYA Action step is....

1. Create a journal entry titled "My Habits"
2. Write down the habits that you're aware of in your day to day life and sporting habits.
3. If they align - keep them
4. If they don't - say out loud....

"Thank you for the lessons you've provided and bringing me to this point in my journey, I'm making the choice to let you go and I'm heading in another direction.

One that serves my purpose, goodbye!"

5. Next to each habit that you've let go - please write in CAPITALS.... "Released"
6. Make a repeating task to remind you revisit this exercise on a monthly basis to remain conscious of your habits.

Lesson 15

Doing What You Should Be Doing

Like many things in life, there are some things we don't want to do - but we have to do them. They're usually the answer to the question of "What serves me best?"

It's hot or cold out,

I don't want to do that 5 minutes of practice that I know I should be doing.

I don't want to practice that simple skill 5 times because I'll do double tomorrow.

I don't want to spend 30 seconds doing a strength exercise

And the list goes on.

Here's the secret to most successes in the world we live in - regardless of your situation.

Simply ask yourself this question... "What SHOULD I be doing?"

Then.... MAKE IT HAPPEN!!!!

Do it now, get it out of the way, then it's done and you've got a clear mind, the pressure to do that has gone, life is better!

There's no secret to this - always ask that simple question.

Everything you see in this course, this system, this App, and everything involved in this experience is the direct result of someone asking that simple question...

"What SHOULD I be doing?"

And then DOING IT!!!

Maybe it's a good idea for you to create a sign of this question for your wall?

Remember this.....

"What should I be doing?"

Your GOYA Action step for today....

1. Open your GOYA Sport app and review your current Tasks list. Is everything on there that should be on there?
2. Add the necessary items in as Tasks - take action.

Lesson 16

Are You On Track or Off Track?

Feedback comes in all shapes and sizes.

When most people hear the word “feedback”, they typically think of someone making a correction because of negative outcomes.

But we shouldn't think like that at all.

In nearly everything we do, there's a feedback loop.

And they come in both positive and negative formats.

Simply.... are you on track or off track?

Watch someone driving a car, they don't just sit there holding the steering wheel completely still, it's always moving, making slight adjustments,

staying on track, going in the direction you want it to go.

Life isn't as simple as a math equation like $2 \times 2 = 4$.

Feedback is critical to your success. Your coach is there to help you.

Giving feedback all the time to help you improve and stay on track in your journey.

If you're a coach, you're always learning yourself, getting feedback in every situation.

Gaining knowledge from others to ensure you can be the best that you can be for your athletes.

Sadly - we usually get LOTS of only negative feedback during our formative years from our peers and teachers.

When we are trying to learn new things, explore new things and grow,

There isn't a safe place to make errors without the threat of you being constantly reminded of an error you once made.

But here's the thing to remember.... you always want to fail, fail fast, learn from it and get better.

This is the ideal feedback loop.

The lightbulb only worked after 10,000 “feedback” loops on how to NOT make it work. Try, Fail, Learn. Try, Fail, Learn.

In sport, as in life, all the great success stories came from those who were willing to be brave. Brave enough to fail, get feedback and keep going.

Fall down 9 times and get up 10.

(Imagine if a baby that was learning to walk fell down 9 times and said to themselves... you know what - this walking thing isn't for me - I think I'll just crawl.)

Remember that there's LOTS of incredible, positive resources in places like the GOYA Sport Page on Facebook.

Request, welcome and embrace all the feedback on your journey.

It's as simple as... am I on track or off track? Better to find out that you're off track sooner rather than later isn't it?

Enjoy YOUR journey... it's literally one of a kind!!!

Your GOYA action steps for today are....

Watch this lesson again and let it really sink in.

Open your Goya journal and make some notes about what this lesson means to you.

Lesson 17

I'm Awesome

In this lesson we're focusing on all the awesome, amazing things you've achieved so far. It doesn't matter how small they are, let's get them into your GOYA Sport Journal. Of course, the subject of the Post is... I'M AWESOME!

I want you to include not only your achievements in your life journey to date, I want you to include the amazing characteristics you've developed as a result of being involved in sport. Things like persistence, focus, determination, work ethic etc.

In a moment, I'm going to read through some thought starters for you. But don't worry about remembering them all.

Once I've finished, I'll prompt you to press pause and you can see all of the prompts on the screen to use as a reference point.

Here are some thought starters for you...

Achievements during your childhood,

Achievements during your school years,

Achievements during your sport,

Proud moments with your family,

Proud moments with your friends, (maybe list your 5 closest friends and what makes them special?)

Proud moments with your work,

What are some Random acts of kindness you've completed?

What volunteering, or helping others situations have you been involved in?

When did you feel really proud?

Press pause now and start writing!!!!



Welcome back!

Here's a quick recap on the GOYA Action steps for this lesson.

1. Start a journal entry called "I'm Awesome" and start adding things to the list.
2. Set up a task to re visit, review and ADD more awesome things to this list on a monthly basis.

Lesson 18

Your 3 Life Segments

The purpose of this lesson is to make you aware of the 3 specific segments that are present in your life.

Not in order of importance, these segments are...

Your Self Identity

Your Sport Identity

Your Self Esteem

Once you're really aware of these segments, you'll be able to fully develop, appreciate, understand and recognise each segment.

It's very important to develop all 3 of these segments because once you complete your sport, you'll need to draw from the other 2 segments of your life.

Please remember...

- You are NEVER too old to learn something new and change.
- It's easy to learn and sustain a sense of self
- You can create a transition plan (that's what this course is!)

Let's explore these segments in more detail...

**

Self Identity

The 3 key words in this question is.... WHO am I?

This is a question that refers to the global understanding that we have of ourselves and is the question that most of us will ask ourselves in some point on our life journey.

What is the most simplest of ways to describe this?

It's the way you look at yourself and your relationship to the world.

When you gain an understanding of this, it will allow you to examine who you are and more importantly, allow you to create who you want to be.

Self identity is usually composed of typical self assessments of things such as personality attributes, our skills and abilities, our occupation, our hobbies and the awareness of our physical attributes.

One of the most interesting attributes of these thoughts are that they are not just relative to the present moment, they can be reflected on past events and projected into future events or the "possible self" you do or do not want to become.

These thoughts and feelings correspond to our hopes, fears, standards, threats and goals. We can use these attributes to function as incentives for future behaviour or as a deterrent of someone we are afraid of becoming.

Our Boundaries

What most of us are not aware of are the boundaries that we surround ourselves with. Similar to the boundaries of a property, we have personal preferences or rules about different things such as

- What you'll accept as behaviour standards of yourself and towards yourself.
- Your ability to say yes or no to different events or statements

Our Personal World View

This is the way we structure our world around ourselves so the world makes sense to us. It involves everything that exists around us.

It relates to our values and morals, and how we and others should act and operate in our world.

It's the vague set of guidelines and rules that we've unconsciously adopted from our life experiences and the influences we've had to this point on our life journey.

This world view is also the filter we use in which to make judgments on others and ourselves.

**

Sport Identity

Understanding Athletic Identity: 'Who am I?'

There are actually 2 sides to the answer of this question. One is your private identity and one is your public identity.

And in order to simply the ownership of the answer even more, we are made of up several of these identities.

But whenever your first words are "I AM", this signifies ownership of that role in our language.

For example - I AM a Runner, cyclist, etc which implies identity and this is completely different to I Enjoy... running, cycling, etc, which implies an activity.

Many of us hold different roles on our life journey's - I AM a parent, sibling, child, coach, teacher etc.

I want you to think about your identities for a moment as each of your roles will have different expectations and meanings attached to them.

And it's important to understand how we interpret these expectations and the meaning we give to them because these evaluations together measure up to form our self esteem.

Let's revisit the private and public identities and explore the differences.

Your private identity features a lot of internal expectations and meanings.

From the way you see yourself and your private attitudes, beliefs, feelings and emotions.

Your public identity features the external expectations and meanings.

From the way you want others to view you and by your visible actions, there is a good chance that as a result of these expectations, others may possibly judge us.

And although these identities seem to be opposite, they are, in fact, closely aligned.

Both of these impact our moment to moment behaviour patterns because through this role identity theory, we are likely to base our actions on how we both like to see ourselves and how we like to be seen by others.

It is important to be aware of the strength of your athletic identity as it may result in dysfunctional practices like over training. The requirement to over train is both a behavioural pattern and an emotional condition which often leads to burn out and anxiety when not training.

Gaining an understanding of who you are away from your sport will enable you to widen your sense of self, gain clarity over your strengths and enable you to better prepare for that next chapter in your life when it eventually arrives.

By having a clearer understanding of who you are, this will enable you to “switch on” at the times when you need to train or compete and then “switch off” when you have completed that training or event, which fits in with the knowledge that athletes need to be in the “here and now” and have the ability to maintain concentration.

Not being able to “switch off” is not healthy nor helpful. And the question is, when you switch off, when you switch off, who are you?

Developing this knowledge and understanding will help you to maintain sufficient motivation through your season which is packed with training and competitions.

And when the season isn't going to plan, whether through results, injury or form, this broader sense of identity will help you cope with these self esteem challenges, by providing you with the resources to avoid the difficult to break, vicious cycle of low self esteem.

Please remember this.... This isn't about having white line fever or being a different person when you compete, it's a matter of understanding that you're simply tapping into different dimensions of yourself.

**

Our Self Esteem

In simple terms, this is our personal evaluation of our worth at any one point in time.

How much do you like and appreciate yourself?

It is an emotional measure of how well we are living up to our personal world view.

This is probably the most important emotional gauge of our ability to be aware of all other positive emotions and beliefs about ourselves.

It is our general state of mind.

A combination of our internal measures of happiness, success, well-being, confidence and personal assurances.

All of these facets combine to create the sensation that we refer to as Self Esteem.

Just as it can be an important part of success, too much self esteem can very very off putting to others, while too little self esteem can leave people feeling defeated or depressed, which can lead to bad choices, destructive habits and won't allow you to live up to your full potential.

Keeping your self esteem in the middle of these 2 extremes is what you're aiming for.

A realistic and positive view of yourself.

Self esteem is often seen as a personality trait which means it tends to be stable and enduring.

It is suggested that people need esteem from others as well as having an "inner self respect."

Quite often our experiences on your life journey to date will form the basis for your overall self esteem.

Those who live in consistently negative and critical environments from care givers, family or friends will likely experience low self esteem.

Other factors that may influence this could be any physical limitations, illness, age, your inner thinking or even your job.

Some signs of Healthy Self Esteem Include:

- Confidence
- Positive Outlook
- Ability to see strengths and weaknesses and accept them
- Negative experiences don't impact their overall perspective
- Ability to express your needs

Some signs of a Low Self Esteem

- Lack of confidence
- Negative outlook
- Belief that others are better than you
- Fear of failure
- Trouble accepting positive feedback

Your GOYA action steps for today are:

- Create a new journal entry and title it - WHO AM I?
- Create 3 Headers with several lines spaces in-between - #1 is Self Identity - WHO AM I? #2 is Sport Identity - WHO AM I? #3 is My Self Esteem - A reflection
- Watch this lesson again and give some thought to your answers.
- Start writing your first thoughts for each of these sections - take your time.
- Create a task to remind yourself to review these answers and reflections on a weekly basis so you can add to them as you like.
- Be conscious of your answers and reflections - there's no right or wrong answers.

NOTE: If you do feel like you would like to speak to someone about your current state of mind. Please Google "I Need Help" and refer to the Support options available to you in your area.

Lesson 19

What's Your Plan B?

What's Next?

Only the very lucky and very few get to play out a long career, do what they love, compete for a living and have had guidance and the discipline along the way to prepare, save and invest for their sporting and life retirement.

For the rest of us mere mortals, our journey could end very early, through non selection, injury, or the lack of motivation to reach the highest pinnacle as an athlete.

Then there's the case of your body letting you down and literally stops you from competing.

So... What's your plan B? Or should we call it plan C for ceasing to compete?

The thought of not being able to train and compete is horrible, but it happens every day to someone. You know it, I know it.

But it's not all doom and gloom - far from it.

There's a very common trait that's held amongst many athletes.

And that trait is called tunnel vision! Some might call it single-mindedness, but we'll refer to it as tunnel vision.

And now you're aware of it - you need to use it to your advantage.

When you're involved in sport - Your tunnel vision gets to work on achieving specific goals for your training or events.

You train with great discipline to achieve this outcome, and it relentlessly drives you.

How many other people in general society do you see with this developed tunnel vision?

Usually, only the very elite or successful, because they have the discipline of an athlete, they go the extra mile, they have tunnel vision!

If this sounds like you - now that you've recognised that you've developed this trait, you need to use it to your advantage.

You automatically do more, work harder, persist. Be aware of this, harness it, embrace it.

Use this tunnel vision to complete these lessons and be ready for your Plan B.

Your GOYA action steps for today are....

Watch this lesson again and let it really sink in.

Open your Goya journal and make some notes about what this lesson means to you.

Lesson 20

Asking For Help Is Simply Getting A Coach In A Different Field.

As an athlete, you have been conditioned to seek and accept guidance in many different forms.

Whether from your coach, dietician, sports psych etc. You're getting constant feedback and guidance.

Even if you're competing at the highest level possible in your field - you've more than likely got a coach to guide, mentor and help you.

Being mentored or coached is never seen as a weakness at any level, why would it be perceived as this in the "outside world"?

You must remember that this sporting environment is a gift and should be treated as such.

Out in the real world, you should use this "guidance" experience to your advantage and seek out other "coaches" for you.

This doesn't mean you're weak, it means you're smart! (Pause)

There any many who have traveled this path before you.

And who else better to mentor and guide you through these transitions than those people with this exact experience?

Seek these people out! Ex athletes, Ex coaches, and ask for guidance.

It doesn't have to be a long term thing!

Just a one time sit down could be what you need when you ask them about their experiences both during and after their sporting chapter, maybe they'll share some golden nuggets of information that can help you on your journey.

And here's one last secret for this lesson.

Don't EVER think that those that have gone before you aren't willing to open up and share their knowledge with you.

Just as you would happily impart knowledge for your unique journey, every single one of these people will share because they're never asked and are usually a wealth of knowledge, expertise and guidance.

Your GOYA action step for this lesson is....

Seek advice from retired athletes and coaches to give you guidance.

Lesson 21

Drilling Down

The secret in setting and achieving your goals is knowing WHY you want something. If the why isn't real or strong enough? You simply won't achieve it.

Because challenges and bumps on the road will pop up and if the WHY isn't strong, you won't have the motivation to complete that goal.

So let's align the goals you've already entered into the goals section of your app after you've again reviewed your "what do I want" list.

Remember that you created these goals in order to align them with your purpose and values. Let's take a moment to look at each of your goals entries and go through each one to ensure each one aligns.

If the answer is yes, answer the following questions for each goal.

Why do I want this?

How will I make it happen?

When will I achieve it?

Can I feel it?

It's important to be aware of these sensations.

Where do you feel it in your body?

In your heart? Then you know where it's coming from.

In your belly? Then you know where it's coming from.

What are any possible external roadblocks that I should be aware of?

What are any possible internal thought roadblocks that may arise?

(if you are aware of them, you can address them early and as you go)



Take your time with each of these choices. There's no rules!

Once you've completed this exercise, you'll have great clarity and excitement (maybe even goosebumps!) to achieve these goals WITHIN you.

Your GOYA Action is...

Review your goals for alignment and depth of feeling to really achieve each one.

Lesson 22

Chunking Down

Each and every step you take on this journey is moving you closer to, or further away from your purpose and goals.

Every single day we want to help you move closer by completing each of the required steps in a simple, progressive way.

No challenge equals no change.

Now I'm going to show you how to chunk down a goal.

Go ahead and open one of your easier goals in your GOYA sport app.

In the notes section of the goal, think about all the steps you need to take in order to achieve this goal.

If you're not sure where to start, start at the end!

When the Goal is achieved!

Let's worked backwards, what was the last step, the second last step etc.

Work it all the way back to the beginning.

Now - we need to attach these steps as tasks to the specific goal in your app.

Please copy step 1 on the list.

Click on add a task to your goal. Paste the step 1 task.

When do you need to complete this step by? Is there a time window required?

Does it need to repeat? Choose each of these parameters and click save.

Go through each of the steps until all actions are in your task list.

Chunk each goal down into these simple steps and.... Go For It!

Your GOYA action step...

Review this lesson, complete the steps in the lesson.

Lesson 23

The Number 5 and 3 Awesome Things

This is a very important and yet very simple lesson.

We want you to commit to completing 5 steps each day to achieve your goals.

Remember - if you want to walk from the East Coast to the West Coast - you can do that - just one step at a time.

One per day - you'll eventually get there.

This is a very powerful process and here's how it works.

Every night, before you go to bed, open your GOYA Sport App and look at the top 5 tasks you need to achieve the next day.

(not more than 5 - otherwise you'll go into overwhelm!)

This prepares your mind for the tasks.

Each new day - start with the most important task, check it off.

Then start on number 2, check it off.

Easy, simple steps, helping you move toward your goals, every single day.

5 things, every day.

These can be "inside out" steps as well.

Complete a wellbeing check in on your Goya Sport App, take time to focus on your breathing, reflect on your week past and week ahead.

On your rest days, you can also complete a check in on your mindset, reflect on your progress and stretch.

Remember this....

Complete 5 things daily

Complete 5 things daily

Complete 5 things daily

Next.... Take 5 minutes a day for these five reasons.

To

1. Ensure your focus is positive items of the day.
2. Help you focus on your positive traits.
3. Capture some thoughts and move on with your day.
4. Create snapshots and reflection points of your life.
5. Stay on course.

At the end of each day - spend 5 minutes on your "End of day" reflection of the AWESOME THREE!

The three awesome things that happened today.

You GOYA Actions steps for this lesson are.....

1. At the end of each day - look at the top 5 tasks you want to complete the following day.
2. Ask yourself each day - how can I make this better?
3. Take 5 minutes a day to focus and reflect.
4. Create a Journal Entry titled "Three Awesome Things" and add to this list daily when you reflect on the positives that happen to you each and every day.
5. Create a task to remind you to review your goals at least once a week.

Is Sunday night best for you?

Do your goals still align to your purpose statement and values? Your Why? If so - great - keep moving.

If not, make an adjustment or remove it altogether. There's no rules remember - this is YOUR journey.

Lesson 24

Learning New Tricks

Please take some time to stop, think and plan.

We want you to start using your Goya Sport calendar to plan your day, your week, your month and your year.

Not just adding the things you have to do, we want you to make time for your hobbies, create some free time, create some reading time, etc.

Just like you have a timed routine to train and compete, we want you to be aware of and plan many other areas of your life.

By using the Goya Sport calendar to plan out other aspects of your life journey, you can plan out your time to give you a chance to develop a new set of life skills.

One of the things you definitely miss when you're not an athlete is the routine that just becomes part of your life.

You know when you're training, competing, and when this isn't in place - like the off season - you can get a little lost.

You've lost your "WHY".

So a very important part of your transition from being an athlete to being a non athlete is creating a routine that has a "WHY" attached to it. A purpose.

Think about it - every aspect of your training is surrounded by a WHY - your sport demands it!

It's no different to life outside of sport - create a WHY and then build routines around this why to give you direction and purpose.

This is why the "Finding Your Purpose" exercise is so important.

Now that you've got your profile on Goya Sport - we want you to continue to use this app and manage your life on there with us.

Nothing really changes with you stop being an athlete, you'll still have goals, plans, your wellbeing should still be managed, keep a journal, communicate with connections.

The question is...

Is it time to learn some new tricks?

It's NEVER too late - the question is, is it time?

Want to start a hobby? Follow a lifelong passion? What about staying in your sport and possibly becoming a mentor, a coach or maybe an official in some capacity?

There's no rules about YOUR life journey - discover your purpose, follow your purpose, have FUN!!!

Your GOYA Action steps for today are....

- Create a journal entry and title it.... WHAT ELSE?
- Begin writing all the other things you'd like to do when you're not an athlete - is it learning a new skill set, a new hobby etc. (obviously in the future we'll add these in as goals, but for now - let's get them out of your head and into a journal entry.)
- Create a task to review these entries at least once a month to review them.
- Open Your Calendar - start blocking out time for the things you are required to do, but also for the things you want to do. Items could include trainings, events, quiet time, time off, holidays, personal development time, etc. No rules, your journey - go for it.

Lesson 25

Adjusting Is Life

This thing we call life is a never ending journey and experience of improvement and learning.

And we're not coming from a place to say that there's anything wrong.

The question you need to constantly ask yourself, in every area of your life is.... "how can I make this better?"

You can also ask yourself and others to give a score out of 10 for a certain event or experience.

How would you rate your training this week out of 10?

How would you rate your presence at training or your event this week out of 10?

How would you rate your recovery effort out of 10?

And the list goes on!!!

The bottom line is... How can I make this better?

Never ending improvement, step by step, bit by bit, little by little. Every. Single Day.

Your GOYA Action steps for today are:

- Create a task to review your goals at least once a week
- Ask yourself if they still align to YOU
- Create a daily "night time" task to ask yourself... How can I make this better?
- Check in, Think, Take a small step.

Lesson 26

When The Cheering Stops

As an ex athlete, this whole course is something I wish I'd had access to as a younger person, so I could prepare for the "end of sport" journey I've now already completed.

And after lots and lots of research, I've put this course together in an attempt to give you some tools to use or share with whoever you need to share this with.

There's several initial things that you'll experience right away.

A feeling of a Loss of identity (You don't know who you are anymore.)

Confusion about what your purpose is now.

Loss of structure

Managing Your Time.

These lessons in this course are designed to help you with many of these areas, but let's talk about some other areas that should also be addressed.

When you retire from your sport, this transition will change you and the people around you.

You'll experience both physical and psychological effects of "de training"

And no one ever prepares you with the simple fact that it's going to be tough for a while, get ready for it.

A simple question to ask yourself right now is....

What happens next? What happens now? You can't control the past but you can control the next step and phase.

Can you

- Find something else to do - whether a sport you can improve at, or a hobby?
- Get involved with your sport so you can pass on your knowledge?

Remember this.... Retirement is a transition, not an event.

This life process is the same as sport. You set goals and do the best you can every day and that increases your chances of achieving your aims.

It's made easier by talking about it

Throughout these lessons we've touched on how to get you from point "here" to point "there".

We strongly encourage you to review these videos, even one video a week, to remind you of these lessons.

To engrain these lessons and allow you to achieve your dreams.

Please Remember these key points....

- * You treat your body and mind as a temple in order to compete to the best of your ability - don't stop this practice when you stop competing.
- * Never stop learning
- * "Breathe Out" those thoughts and memories that no longer serve their purpose on your ife journey.
- * Understand that retirement is a journey and not an event, be aware of how you're feeling and find a "coach" to help you through it.
- * Finding your purpose will help you deal with the trauma of no longer competing
- * Transition takes time, talk to those who have been through it before you

And last but not least....

YOU... ARE.... LOVED....

Thanks for being here with us, it's our pleasure to be on this journey with you.

You Are Not Alone.