RB Therapy

The Athlete Check-In

AN OPPORTUNITY TO PAUSE, REFLECT AND
BETTER UNDERSTAND YOURSELF AND YOUR PERFORMANCE.

Being an athlete involves more than showing up, putting in the work and chasing results. It's also about understanding yourself, recognizing what's working, identifying what's challenging you, and knowing what you need to keep moving forward.

Take a few minutes to check in with yourself. There are no right or wrong answers. Be honest, be curious, and remember that this is for you.

1 HOW AM I SHOWING UP?

Let's start with you.



- How have I been feeling lately, both in and outside of my sport?
- What has been taking up most of my energy or attention?
- Am I feeling motivated, focused, confident, overwhelmed, frustrated, excited or something else?
- Is there anything happening outside of sport that might be influencing how I'm showing up?

2 RECOGNIZING MY STRENGTHS

Let's give some attention to what's going well.



- Where have I been feeling confident or strong in my sport?
- What is something I've done recently that I'm proud of?
- What skills, qualities or strengths have been showing up in my performance?
- What am I doing well that I might not be giving myself enough credit for?

3 IDENTIFYING MY CHALLENGES

An opportunity to recognize where you might need some support or growth.



- Where have I been feeling unsure or uncertain of my abilities?
- Is there a particular skill, situation or environment where I find myself doubting my abilities?
- What has been challenging me lately?
- Am I putting unnecessary pressure or expectations on myself?

4 UNDERSTANDING MY PERFORMANCE

Let's look at what's helping you perform and what might be getting in the way.



- What is currently supporting strong performances?
- What helps me feel prepared, confident and ready to compete?
- What might be preventing me from performing at my best?
- Are there habits, thoughts, behaviours or external factors that might be impacting my performance?
- Is there something within my control that I could change or approach differently?

5 WHAT DO I NEED MOVING FORWARD?

Reflection is helpful, but what can you do with what you've learned?



- What is one area of my performance I'd like to focus on?
- What is something I could do to build confidence in an area where I feel unsure?
- Is there something I need more of right now? (Rest, support, structure, confidence, recovery, fun?)
- What is one small action I can take this week to support myself and my performance?

A FINAL THOUGHT

If I could take one thing away from this check-in, it would be...



One thing I want to remind myself moving forward:

REMEMBER:

You don't have to be performing at your best to be making progress.

Recognizing your strengths, understanding your challenges and being willing to check in with yourself are all part of becoming a stronger athlete.

Disclaimer: *This resource is intended for personal reflection and self-awareness purposes only. It is not a diagnostic or therapeutic tool and does not replace the support, assessment or care of a qualified psychotherapist or other mental health professional.*

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WHERE INSIGHT BECOMES FORWARD MOVEMENT