

Workshop Series: Nurturing Your Inner-Champion

Managing Expectations

Tool 1: Trust the Process

One key tool in managing expectations is to trust the process. Embrace the idea that setbacks and failures are part of the learning journey. Setting SMART goals – Specific, Measurable, Attainable, Relevant, and Time-Bound – can help keep you on track.

Coaches and parents can be valuable allies in setting these goals, as they understand your strengths and limitations and want to see you reach your full potential.

Tool 2: Mindfulness

Mindfulness, the practice of being fully present without judgment, is a crucial tool for managing expectations. It allows you to tune out external pressures and focus on the task at hand. In high-stakes situations, the "Illusion of Mastery" can be detrimental.

Adequate preparation and mimicry of the competition environment are key to performing at your best.

Tool 3: Be Yourself

Comparing yourself to others can be a hindrance to your personal growth. It's crucial to focus on who you are and who you want to become, rather than what you do or what others expect of you. Your unique story helps to “create a better world,” and by embracing your individual journey, you can make choices and decisions from a powerful place.

Embracing Your Journey:

John Stephen Akhwari was a marathon runner from Tanzania who faced numerous obstacles during the 1968 Olympics. Despite a severe injury and the last-place finish, he continued running because he understood that his purpose was to finish the race for his country. His resilience and determination made him a national hero, reminding us all that it's essential to stay true to ourselves and appreciate the journey, regardless of the outcome.

Remember that managing expectations, trusting the process, practicing mindfulness, and being yourself are essential elements of a successful and fulfilling journey. Your unique path will lead you to your greatest potential in your sport and in life.

Activity: Set a **SMART goal.**

Specific Goal: What do you want to accomplish?

Measurable: How will you know that you've accomplished your goal?

Attainable: Do you have the resources required to accomplish your new goal?

Time-Bound: What is your deadline for reaching your goal?

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