



Bouncing Back From Set Backs

The Journey To Your Goal is NOT a Straight Line

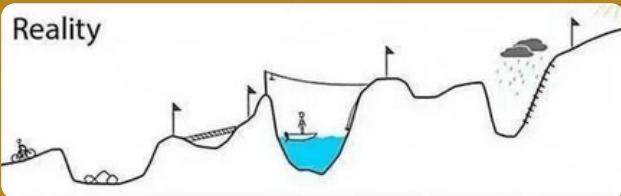
You may expect gradual, consistent improvements...

Your plan



But the reality is... we NEED setbacks to inform growth...

Reality



Use set backs to your advantage. When you face a setback, how SHOULD you react, and how might you learn from them.

How Do You Respond?

- ? What do you say to yourself when you make a mistake?
- ? What would an ELITE swimmer say?

Perhaps Try:

"This will make me better"

"I've trained for this, I know what to do"

"That's done, now get BIG!"
(Get BIG = Get Back In the Game)

Set backs are FUEL and DIRECTION!

Without setbacks, we don't know where to focus our efforts...



Once we know what has caused the set back, we know what we should be aiming for...



We also gain an understanding of where we are currently...



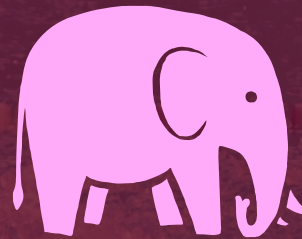
And once we know where we are, and what we are aiming at, THEN we can start to work on how we get there...





Goal Setting - The Elephant In The Room

"DON'T think of a Pink Elephant!"

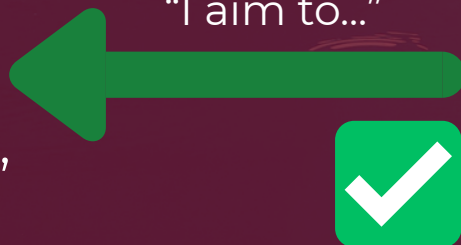


Your brain will focus on whatever you point it at... Even if you don't want it to.

So why not point it towards something useful...



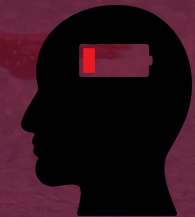
"I aim to..."



"I aim to not..."



Don't focus just on what you want to avoid



"... mess up"

"... start slow"

"... lose steam"

"... glide into the finish"

Focus on what you want to work towards



"... work hard"

"... start strong"

"... pace myself"

"... stay strong right till the finish"



Preparing for Competition

Nothing builds confidence like having a clear plan.

3

Three Approach Goals:

What do you want to work towards at your next competition?

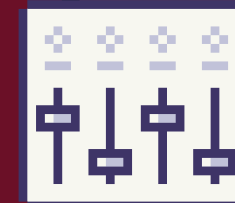


Build your race plan by following these steps!

2

Two Controllable Factors:

What actions, behaviours, or factors do you have control over?



1

One Target Intensity:

What energy level do you perform at your best? How do you need to show up?





The Confidence Bank

Confidence is built...
One deposit at a time...

How might you make and track your deposits?

- Post-it notes?
- Marbles in a jar?
- Journalling?
- Sharing with a coach/supporter?



Your Confidence Bank Balance!





Understanding Set Backs

What is a set back YOU have had in your sport?

How did you react?

What did you learn from this?

What might an ELITE athlete say?





Performance Planning

3

Approach Goals

What do you want to work towards at your next competition?

-
-
-

2

Controllable Factors

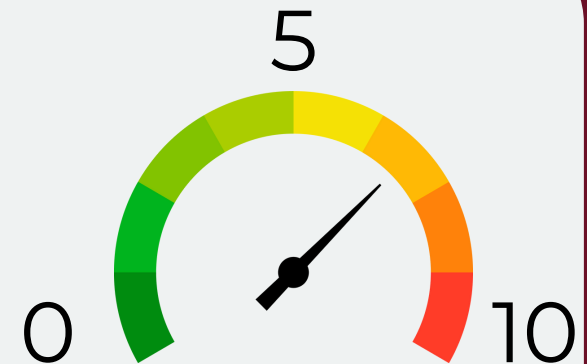
What actions, behaviours, or factors do you have control over?

-
-

1

Target Intensity

What energy level do you perform at your best? How do you need to show up?



What does this look like for you?