

HOW TO INCREASE MY MOTIVATION

WHAT DECREASES MY MOTIVATION?



POOR PERFORMANCE



ONE POOR PERFORMANCE, THEN YOU SPIRAL INTO A SECOND POOR PERFORMANCE AND SO ON.



NOT WANTING TO TRAIN

WHAT CAN I DO TO COUNTER THE DECREASE IN MOTIVATION?

Look for the positive part of your game. Don't always look at the end results, it's not that black & white

Learn from your performance, be it good or bad. Learning from a performance will provide motivation to achieve and grow

Break the downward spiral by remind yourself how hard you have trained over the past seasons, how good you have acquired your skills. Do not allow negative thoughts, replace them with positive self talk. ie. I am a very good performer, I would not be where I am today if I wasn't. One or two performances cannot take that away from me!

Listen to your body, use your training time smartly. Make training a challenge, set yourself mental and physical challenges during your training session. Don't be afraid to replace a physical training session with a mental skills training session to allow your body to rest. Don't ever feel guilty for missing a session because remember, you are the person in control of your own future.

Remember highly motivated people achieve success more often than people with low motivation