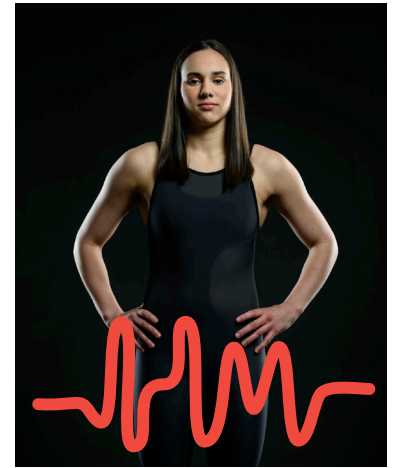


I PROMISE MYSELF EVERYDAY...

The Great Pause is a time to reflect. We do not often take time to think about how we want to do our sport and who we want to be. We just do it. The pause in competition we are experiencing now may allow us to appreciate how much we enjoy sport and how much we miss competing. Take a few minutes to think about what you love about your sport and how you want to live each opportunity once you are able to return to the field of play.

Kelsey Wog is one of the top swimmers in Canada. When she was working hard and preparing for the Olympic trials, she thought about how she wanted to train so that she gave herself the best chance to be successful and also so that she would be proud of herself regardless of the result she achieved. Read her promise to herself.



Kelsey Wog

I PROMISE MYSELF EVERYDAY...

- To live in the moment and take each day as it comes
- To put my whole heart into every stroke I swim in the pool, every exercise I do in the gym
- To not be afraid to jump out of my comfort zone and push myself
- To be courageous and take risks, fully commit myself to them
- To learn from my mistakes and move forward
- To recognize and accept all the good and bad feelings I may have and know it's okay to feel them
- To allow myself to dream Bigger than I can imagine, and not limit myself to a goal
- To believe that I belong with the best in the world, and believe anything is possible
- To not be afraid to fail while putting forth my best effort
- To trust myself and my abilities in times of stress and anxiety
- To love myself no matter the situation and know my family loves and support me unconditionally
- To smile at the pain and emotion of training, and feel honored I get to experience it
- To mb a great teammate and bring the best out in everyone
- To help those who need support, and accept help from those who offer it
- To be strong and relentless in the pursuit of my dreams and let nothing get in my way
- And to love and embrace every second of this incredible journey

So that when it comes to race day and I touch that wall, I am going to feel proud of what I accomplished no matter the outcome, because I know that I did everything in my power to be the best possible version of Kelsey I could be in that moment.

WHAT IS YOUR PROMISE TO YOURSELF?

If you take time to think about this and write a few things down, it will help you be your best when you return.

To get started, ask yourself questions the questions below:

- What do I love about my sport?
- What do I miss about my sport?
- How do I want to handle the difficult moments?
- At the end of my sport career what will make me most proud?
- How do I want to feel after I am done my sport each day?
- When do I feel best about how I play?
- Who do I want to be everyday?



Once you have your answers, review your responses and look for themes or things that stand out. Then take a few minutes to write down your version of your promise to yourself. Review it often and take action that helps you keep your promise to yourself.

“YOUR BODY CAN TO ANYTHING; IT’S YOUR BRAIN YOU HAVE TO CONVINC.”

- Unknown



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