

# DEVELOP YOUR HARDINESS PLAN

There is a whole field of positive psychology that includes a ton of stuff for helping people thrive and be their best. One concept in this literature is around an area called Hardiness. Hardiness can help protect your performance by creating a buffer from stress. Stress is something that you are going to experience a ton on your path. And now is a great time to work on your Hardiness Plan. Want to be more resilient, focus on these areas:

## COMMITMENT

Know your why. Why do you do sport? What do you love about it? What makes you want to endure when things get tough. Ask yourself questions such as: why do I love this? What do I bring? What impact can I have?

## CONTROL

Learn to focus on things 100% in your control. You are in control of most things inside of you such as your effort, thoughts [mindset], attitudes [I'm going to respond to uncertainty better than anyone else], and behavior. Check-in and make sure you continue to focus on what you have control over in sport.

## CHALLENGE

Learn to see things as an opportunity versus a threat. What opportunity does this challenge present for me to learn and get better? Continue to challenge yourself to embrace the challenge and be excited about the opportunity to become a better athlete and person.

## CONNECT

Identify support that is best suited for this situation. The perception of support is important. You may need support for lots of things. Know who you need in each situation and identify the right person for the right support. Generate your support team right now and access them when you need them.

**If you continue to come back to your why, focus on things that are in your control, embrace the challenge and access support when needed; you will be the master of your hardiness plan and you will be a resilient performer.**

To learn more about Hardiness, grab Steven Stein and Paul Bartone's book called "Hardiness: Making Stress Work for You to Achieve Your Life Goals".

