

LIFE IS MESSY

If we've learned anything from the year 2020, we know that things we don't expect to happen, will happen. We've all experienced similar stressors at some point during this year due to changes in lifestyle, training schedules, access to equipment, and more. Though many of us possess the capability to transition well in new circumstances, there are times when we all may struggle. Sport is not static, thus we as athletes need to be adaptable to the changes we may face.

Adaptable athlete's choose to be a fighter. They seek why they can instead of what might be a detrimental blow. Everything and anything can be an opportunity to grow. A rainy day on the field might just mean to take things slower and focus on technique. A missed workout is a chance to be fresher and better tomorrow. This doesn't mean that these events can't bring up frustration. Adaptable athletes acknowledge that but don't allow the frustration to cause a block in performance.

SKILL 1: CHOOSE TO BE A FIGHTER

Fighters are devoted to making adjustments, not excuses. Fighters redefine an event into something positive instead of dwelling on how this will set them back. We may not be able to control the event, but we can control how we perceive it. Start becoming more aware of how you are thinking about these events. Are you thinking like a fighter?

This mindset can be put into practice in all areas of your life, not just on the field or in the weight room. If you miss an exit driving down the highway, and you feel your anger start to rise – adjust. How can this situation be good? "Ok, that stinks, but, I can learn a new route to the grocery store now, maybe that will help next week." As these situations arise in your daily life you'll be practicing the fighter mindset, which will translate to sport!

SKILL 2: PLAN AHEAD!

During times of facing a new stressor or demanding conditions, we become stressed/overwhelmed and may not be able to think clearly. Time to plan your go-to strategy when faced with these challenges.

1) What?

Identify what exactly is the new, challenging situation.

2) Is this in my control?

Identify the areas of the event in which you do have control and those that you don't.

3) Execute.

Identify the best plan of attack based on what is going on and what you are actually able to do about it.

Life is messy. It is not perfect. And that is okay. Embracing the opportunities life presents can make you a better athlete and person.