

Keys to being successful in sport

Demonstrating humility

Mastering a new skill

Displaying motivation and drive

Providing support to teammates

Displaying leadership skills

Showing self-discipline

Reframing negative thoughts

Enjoying the environment they're performing in

Feeling mentally prepared

Improving performance of skills

Showing competitive spirit

Showing passion

Tried something new in training or practice

Demonstrating resiliency

Maintaining focus during training session, practice, or game

Displaying commitment

Believing in their abilities