

Journaling the Journey

Prepare for the ups and downs along the way by doing this simple future journaling exercise.

Write out what is going to happen this season for you in the water, both in practice and in competition. Note how you will respond to adversity, whether it's injury, illness, or a feeling that you aren't progressing as fast as you'd like. Imagine how you will feel when you push yourself, how you will celebrate when you excel, and the mindset you will use to make excellence happen. This exercise will give serious texture to your goals, steel you for the inevitable setbacks, and motivate you to chase after those little moments of greatness each day in practice.					



Be honest about the challenges ahead. But more importantly, decide now how you will respond to them.