

Book One

PROFICIENT

THE ATHLETE'S
(AND PARENT)

VISION WORKBOOK

GUIDE TO A HEALTHY AND FULFILLING
HIGH SCHOOL CAREER

*"Easy, inspiring, and motivating."
—me, myself and I, Self-Talk illustrated*

A BOOK BY JOEL PATRICK

The athlete's PROCESS

01



Your goals

For training to have the greatest impact, the athlete must take ownership of the process. In step 1 the athlete will share their personal reason for beginning the training process.

Redefine terms

In order to plan and execute the process, athletes need to have a clear understanding of key terms. In Step 2 athletes will redefine familiar terms to help change perspective on what it means to be successful.

02



03



Create vision

If you don't know where you are going, any road will get you there. In step 3, athletes will create a clear target to aim at. This will be the foundation for goal setting.

GOALS

1 WRITE DOWN 1 OR 2 ATHLETIC GOALS YOU HAVE FOR YOURSELF

2 WRITE DOWN 1 OR 2 OUTCOMES THAT YOU DESIRE FROM PHYSICAL TRAINING

3

WHAT ARE 1 OR 2 THINGS THAT YOU FEEL
HAVE CONTRIBUTED TO YOUR CURRENT
ACCOMPLISHMENTS?

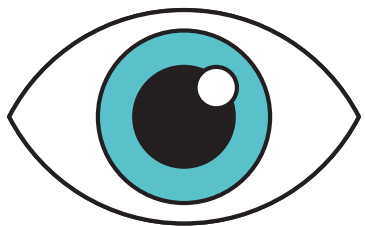
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WHAT ARE 1 OR 2 THINGS THAT YOU FEEL
YOU COULD DO DIFFERENTLY TO ACHEIVE
YOUR GOALS?

KEY DEFENITIONS



WRITE DOWN YOUR DEFINITION OF
SUCCESS



WRITE DOWN YOUR DEFINITION OF
VISION

WRITE DOWN THE DICTIONARY DEFINITION OF
SUCCESS

WRITE DOWN THE DICTIONARY DEFINITION OF
VISION

VISION AND SUCCESS

VISION AND SUCCESS

VISION AND SUCCESS

VISION AND SUCCESS

THEATER OF THE MIND



THE IDEAL PERFORMANCE

IT'S THE NIGHT OF OUR HOME OPENER. THE CRISP AUTUMN AIR PERMEATES MY SENSES AS I DETECT ITS COOL FRAGRANCE. A GENTLE BREEZE BRUSHES AGAINST MY NECK, CREATING A SENSE OF INVIGORATION. PLAYING IN FRONT OF A LARGE AUDIENCE IS ELECTRIFYING, AND THE THRILL INTENSIFIES.

AMIDST THE EXCITEMENT, I CATCH A HINT OF JEERING FROM THE CROWD TO MY RIGHT. HOWEVER, I SWIFTLY DISMISS IT FROM MY MIND, FOCUSING ONLY ON THE NEXT PLAY. AS THE TEAM CALLS FOR A BREAK, I SOLIDIFY MY RESPONSIBILITIES IN MY MIND. WALKING UP TO THE LINE, THE SURROUNDINGS BLUR INTO THE BACKGROUND, WITH A SINGULAR OBJECTIVE AT THE FOREFRONT – OVERCOMING THE RIGHT GUARD AND BRINGING DOWN THE QUARTERBACK.

THE REFEREE PLACES THE BALL ON THE 37-YARD LINE. I POSITION MYSELF ON MY OPPONENT'S LEFT SHOULDER. PLACING MY HAND ON THE COLD, MOIST TURF, I GATHER POWER IN MY LEGS, AS I READY MYSELF TO EXPLODE OFF THE LINE. AS THE OPPOSING CENTER TOUCHES THE BALL, I IDENTIFY THE TEAM IS IN SHOTGUN FORMATION.

MY FOCUS SHARPENS, AND ALL EXTERNAL SOUNDS FADE AS THE BALL IS SNAPPED. SWIFTLY ENGAGING MY OPPONENT, I DELIVER A POWERFUL INITIAL STRIKE, OUR PADS CLATTERING WITH A RESOUNDING THUD, I THROW HIM OFF BALANCE. WITH MY LEFT ARM MEETING HIS ARMS, THE CONTACT FEELS EFFORTLESS AS I GAIN TWO DECISIVE STEPS TOWARDS THE BACKFIELD. I CLEAR THE OFFENSIVE LINEMAN AND MY VISION NARROWS TO THE GREEN AND GOLD JERSEY WORN BY THE QUARTERBACK.

PURSUING HIM FROM HIS BLINDSIDE, I REACH HIM FIVE YARDS DEEP INTO THE POCKET. I LOWER MY SHOULDER INTO HIS LOWER BACK, FORCEFULLY BRINGING HIM TO THE GROUND, THE CROWD ERUPTS IN CHEERS, AND MY TEAMMATES SHOUT IN CELEBRATION. A SENSE OF WEIGHTLESSNESS WASHES OVER ME, ACCOMPANIED BY A PROFOUND PRIDE IN MY HARD WORK AND DEDICATION.

TEAMMATES LIFT ME OFF THE GROUND, OFFERING PATS ON THE BACK AS WE JOG TO THE SIDELINES, EAGERLY AWAITING THE NEXT DRIVE.

SETTING THE STAGE

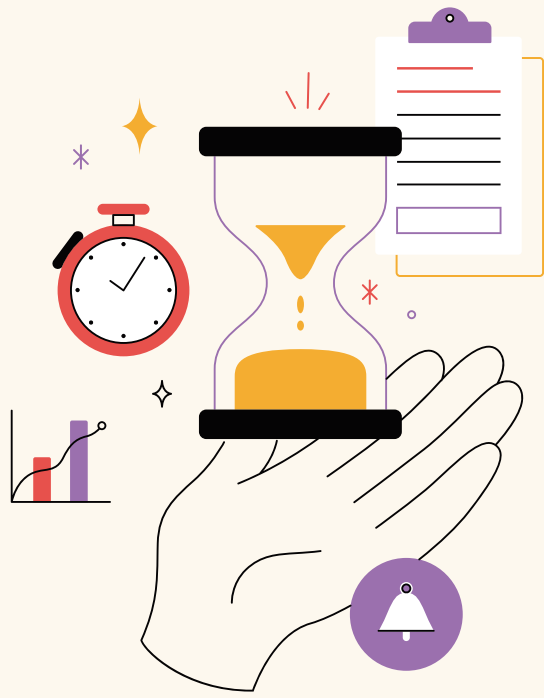
6 Tips to help you set the stage for your ideal performance.

1 Where does your scene take place?



2 Where are you?

3 How many years in the future?



4 What time of year is it?

5 Who is in the scene with you?



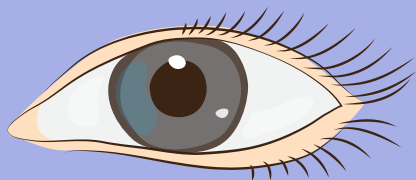
6 What time of day?

INCORPORATING THE SENSES

1

Sight

- 1. _____
- 2. _____
- 3. _____



2

Hear

- 1. _____
- 2. _____
- 3. _____



5

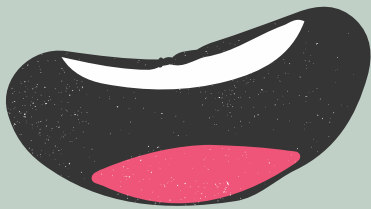
Feel

- 1. _____
- 2. _____
- 3. _____
- 4. _____



Taste

- 1. _____



4

Smell

- 1. _____



3

USE THIS PAGE TO WRITE DOWN YOUR IDEAL
PERFORMANCE.

COMPETITIVE TRAIT EVALUATION

Following are some statements about how persons feel when they compete in sports and games. Read each statement and decide if you hardly ever, sometimes, or often feel this way when you compete in sports and games. For each questions, check the box that corresponds to your choice. There are no right or wrong answers. Do not spend too much time on any one question. Remember to choose the word that describes how you **usually** feel when competing in sports and games.

The Sport Competition Anxiety Test (Martins et al. 1977)			
Statement: it affects me...	Rarely	Sometimes	Often
1. Competing against others is socially enjoyable			
2. Before I complete, I feel unease			
3. Below I complete I worry about not performing well			
4. I am a good sportsman/woman when I compete			
5. When I compete, I worry about making mistakes			
6. Before I compete, I am calm			
7. Setting a goal is important when competing			
8. Before I compete, I get a queasy feeling in my stomach			
9. Just before competing, I notice my heart beats faster than usual			
10. I like to complete in games that demands a lot of physical energy			
11. Before I compete, I feel relax			
12. Before I compete, I am nervous			
13. Team sports are more exciting than individual sports			
14. I get nervous wanting to start the game			
15. Before I compete, I usually get uptight			

IDEAL PERFORMANCE STATE

My performance is _____. I feel extremely _____ throughout the entire event, which allows me to be _____ in the environment, and I feel in complete _____ of the game, making every move with _____. My muscles are _____ and I am extremely _____ and ready to give my all until the very end. My self-talk is filled with nothing but _____ thoughts. I am incredibly _____ the task at hand, blocking out any distractions, and every action I take seems _____ as if it were second nature to me. I maintain a constant state of _____ ensuring I have the _____ to succeed.

My performance is _____.

flawless, exceptional, remarkable, impressive outstanding, exemplary,
stellar, phenomenal, superb masterful

I feel extremely _____ throughout the entire event,

energized, focused, invigorated, inspired, motivated, relaxed, confident,
enthusiastic, calm, determined

which allows me to be _____ in the environment,

versatile, adaptable, responsive, decisive, relaxed, calm, serene, tranquil,
untroubled, dynamic

and I feel in complete _____ of the game,

control, mastery, command, dominance, authority, power, grip, charge,
unmatched, unequalled

making every move with _____

precision, deliberation, accuracy, care, finesse, exactitude, methodical
intent, thoughtfulness, meticulousness, skillfulness

My muscles are _____

relaxed, fluid, coordinated, undemanding, unhurried, unstrained,
easygoing, untroubled, loose, free

**and I am extremely _____ and ready
to give my all until the very end.**

eager, enthusiastic, determined, committed, tenacious, wholehearted,
zealous, persistent, focused

**My self-talk is filled with nothing but
_____ thoughts.**

positive, encouraging, affirming, uplifting, constructive, optimistic,
empowering, inspiring, reassuring, confidence-boosting

**I am incredibly _____ the task at
hand, blocking out any distractions,**

Focused on, Concentrated on, Resolute in, Unwavering on, Intentional
about, Fixated on, Unyielding towards, Tenacious about, Immersed in,
Single-minded about

**and every action I take seems _____
as if it were second nature to me.**

effortless, instinctive, intuitive, graceful, inherent, spontaneous,
unforced, reflexive, fluid, synchronized

**I maintain a constant state of _____
ensuring I have the _____ to succeed.**

determination, tenacity, resilience, persistence, grit, drive, ambition,
commitment, fortitude, motivation

THEATER OF THE MIND

First 30 Days

- 1) Read your scene outloud
- 2) Read your Ideal Performance State outloud
- 3) Take 1 minute to sit and imagine yourself in your scene

Days 31-60

For 1-3 minutes each day

- 1) Visualize your scene: Create a vivid mental image for each sense.
- 2) Link Images Together: Connect these images in a sequence that mirrors the flow of your ideal performance state.

Days 61-90

Gradually increase your visualization time. This practice will deepen your focus and make your ideal performance feel even more achievable.