

*Book Two*

# PROFICIENT

THE ATHLETE'S  
(AND PARENT)

# GOAL SETTING

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

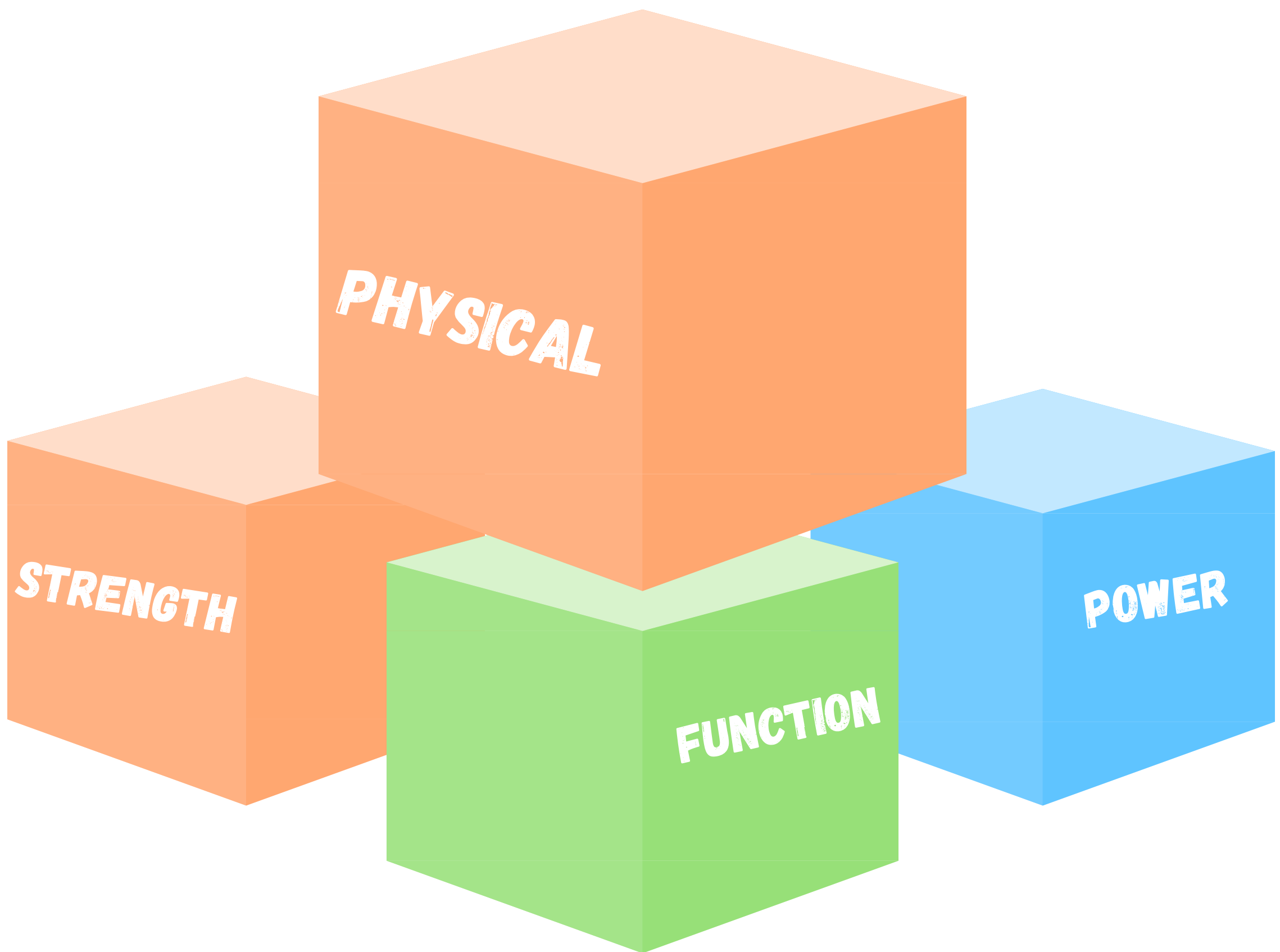
# VISION



**1) What is a challenge in your life you had to overcome?**

**2) What did you Learn?**

**3) What new skills did you acquire?**



- Explore the physical demands required to achieve your vision: strength, speed, endurance, or technical skill.
- Identify opportunities to develop physically and establish a behavior you can implement to improve upon the opportunity
- Track progress.

# Physical Attribute Inventory



Take some time to reflect on the player you would like to become. Use the prompts below to guide your reflection.

1) What player(s) has the physical abilities that you would like to mimic?

2) What physical strengths does this player have? Include any metrics that may be available (i.e. this person rows 1000 meters in 3:34 minutes).

3) What areas do you want to improve upon? Include any metrics you may have for these areas of improvement (i.e. 40 yard dash time is 4.7 seconds).

4) List your goals in terms of metrics for the areas you would like to improve (i.e. run 40 yard dash in 4.6 seconds). These do not have to have a timeframe on them.

# Physical Attribute Inventory



List 2 physical markers that you have the opportunity to develop over the next 90 days (e.g., "Decrease mile run by 1 minute," "Increase vertical jump by 2 inches"). Set a schedule to determine how often you will work to develop these opportunities.

I will dedicate \_\_\_\_ days per week for \_\_\_\_ minutes a day to improve upon my opportunity.

**OPPORTUNITY:**

*Starting metric*

30 Day Discipline Tracker						

*Ending metric*

**OPPORTUNITY:**

*Starting metric*

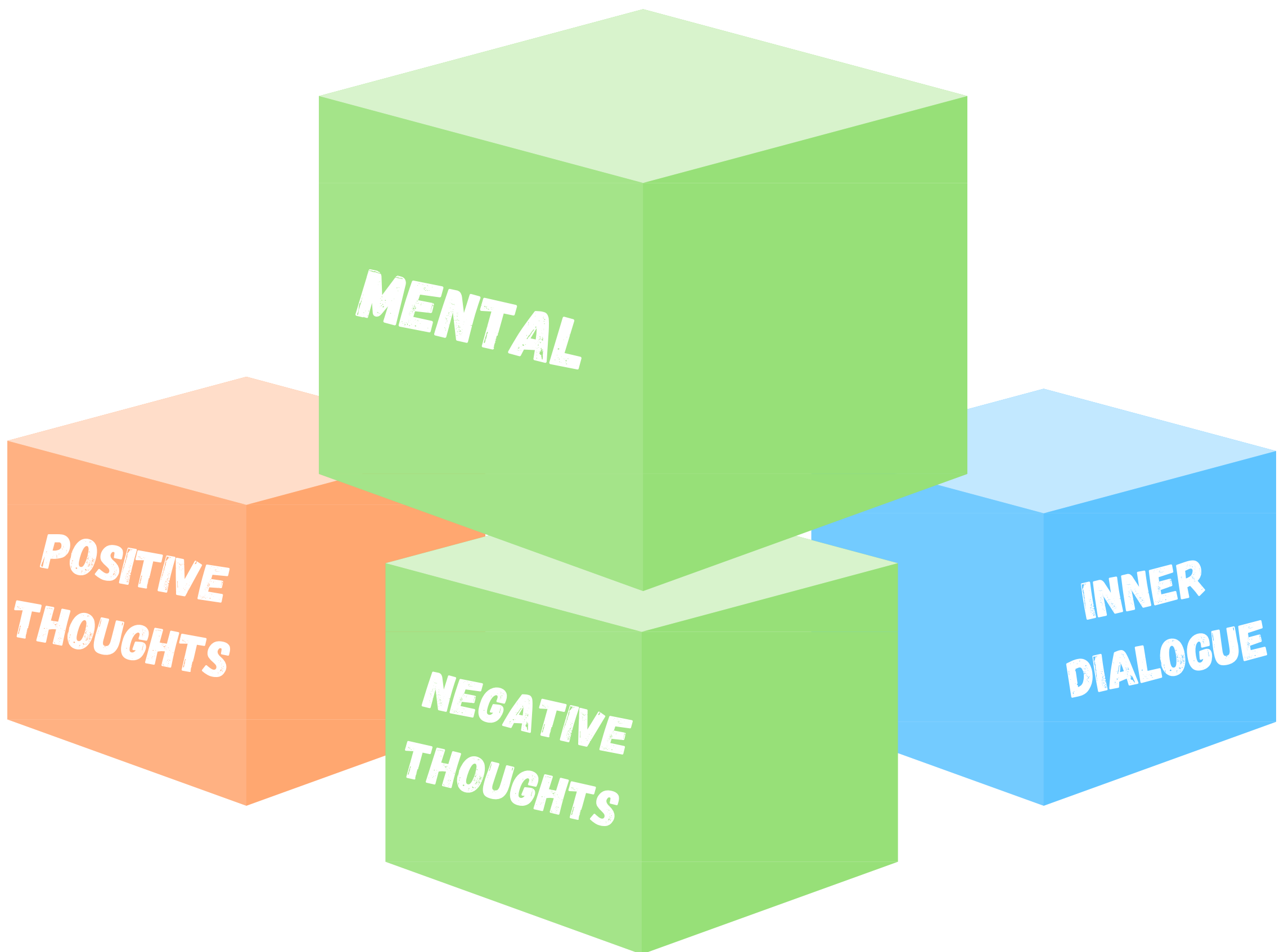
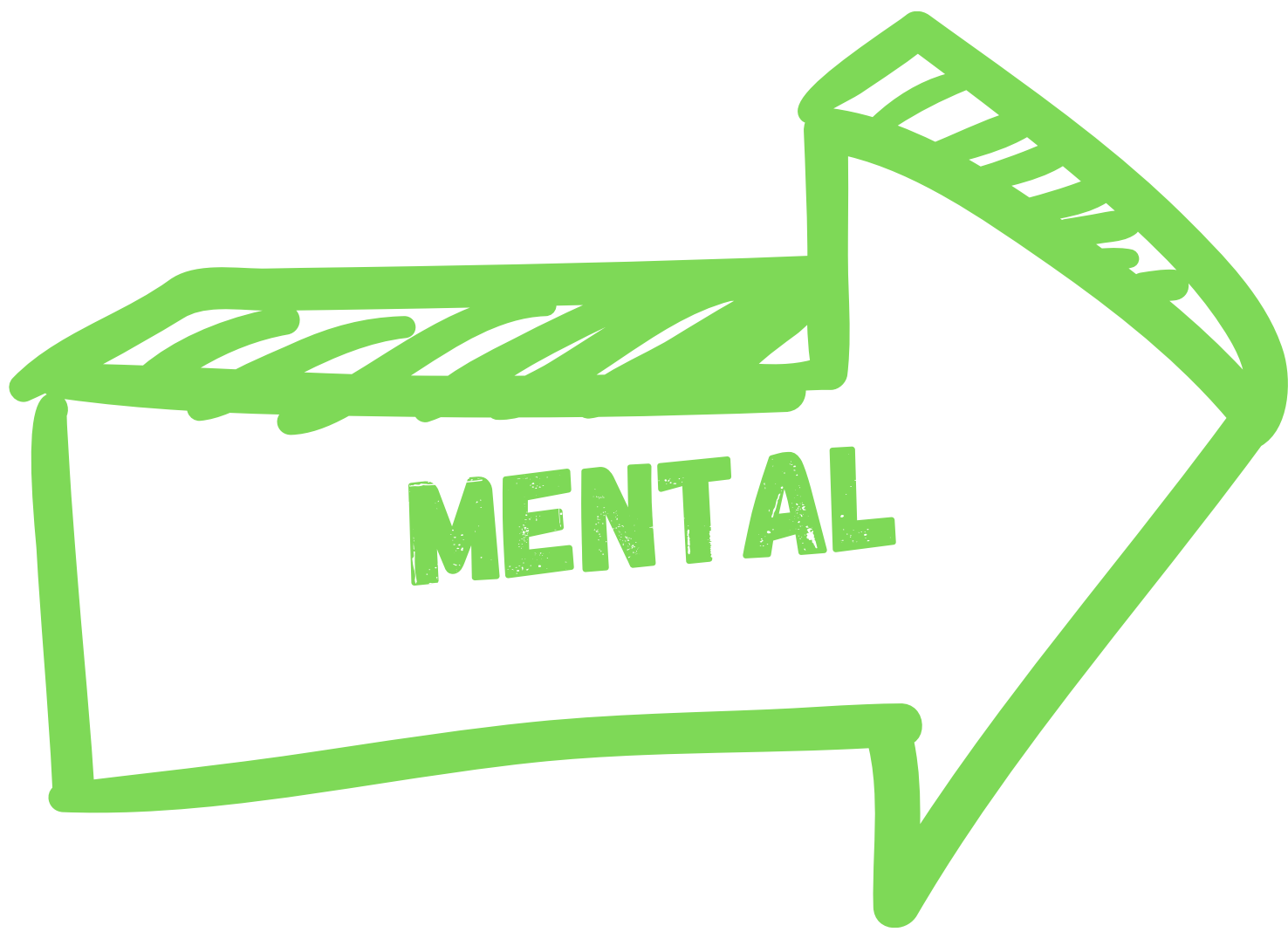
30 Day Discipline Tracker						

*Ending metric*

**Key Takeaways:**

- The path to your vision is about incremental improvement, not an expedient arrival.
- Each acquired discipline brings you closer to the vision while also expanding it, ensuring that growth never ends.





Content Overview:

- Examine the state of your mental conditioning.
- Reflect on your current inner dialogue.
- Incorporating affirmations into your daily routine.

# Mental Conditioning Reflection



## INSTRUCTIONS:

Think about your confidence and how your performance may affect your confidence generally.

The statements below describe how you may feel generally about your confidence, answer each statement by filling in the circle that corresponds to how strongly you agree or disagree generally. Please try and respond to each item separately.

The terms competition refers to matches, tournaments or other competitive events.

Please answer the items as honestly and accurately as possible there are no right or wrong answers.

QUESTIONS:	RATING SCALE:				
	Never	Rarely	Sometimes	Often	Always
A bad result in competition has a very negative effect on my self-confidence.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My self-confidence goes up and down a lot.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Negative feedback from others does affects my level of self-confidence.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I perform poorly, my confidence is not badly affected.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My self-confidence is stable; it does not vary very much at all.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My self confidence is not greatly affected by the outcome of compeition.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I make a mistake it has quite a large detrimental effect on my self-confidence.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My self-confidence remains stable regardless of fluctuations in fitness level.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When something doesn't go the way I want, I find it difficult to regain my focus.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When someone does something to me it I get distracted and my performance is negatively affected.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# Mental Conditioning Reflection



## INSTRUCTIONS:

1) Write down examples of what your inner dialogue sounds like during competition, 3 positive and 3 negative.

Negative	Positive

2) Reflect on how your thoughts have influenced your assessment results and outcomes in competition. Has it supported my strengths? Has it contributed to areas where I struggle?"

3) Rewrite one or two negative statements into positive, confidence-building affirmations.

# Mental Conditioning Takeaways

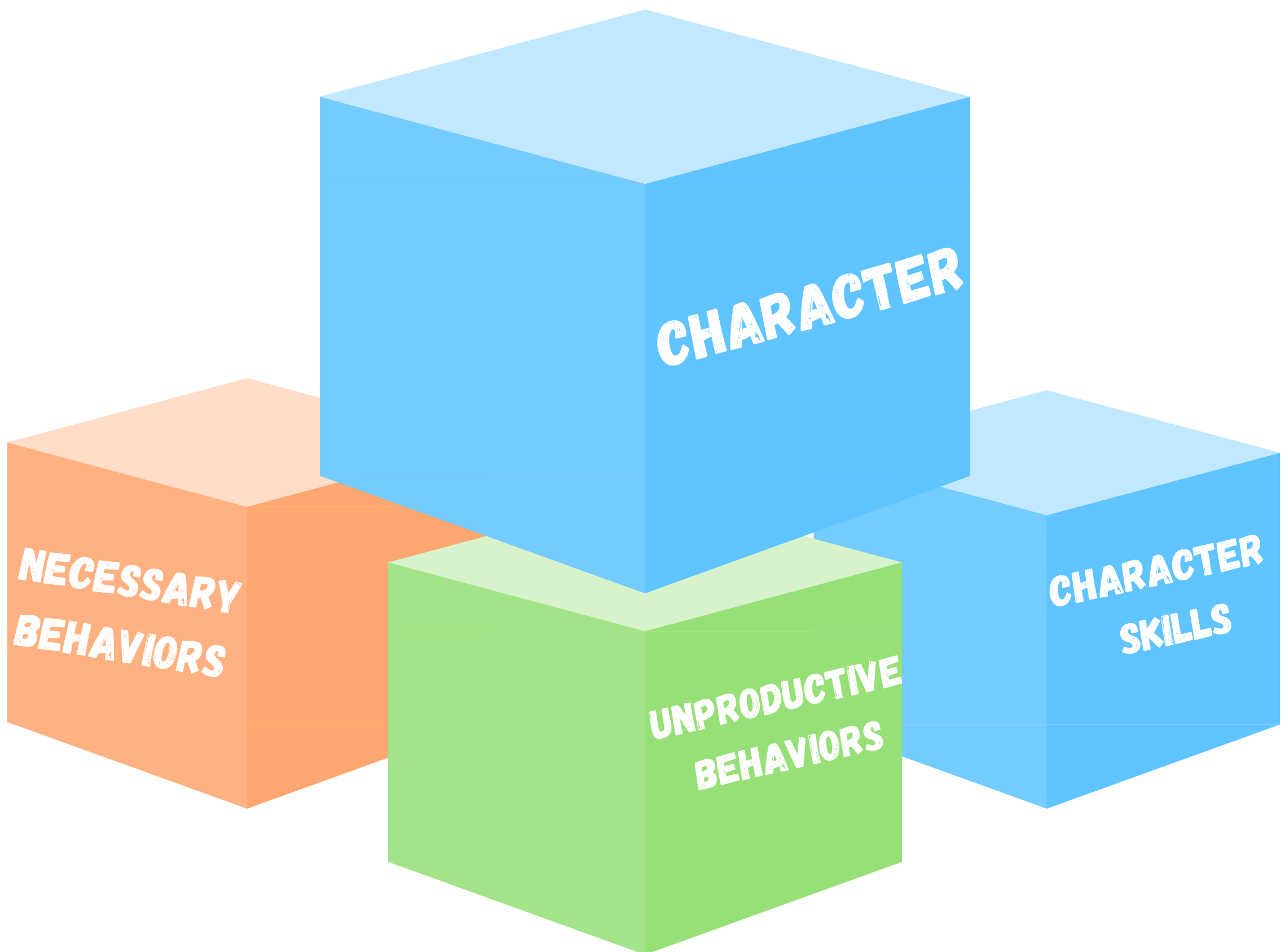
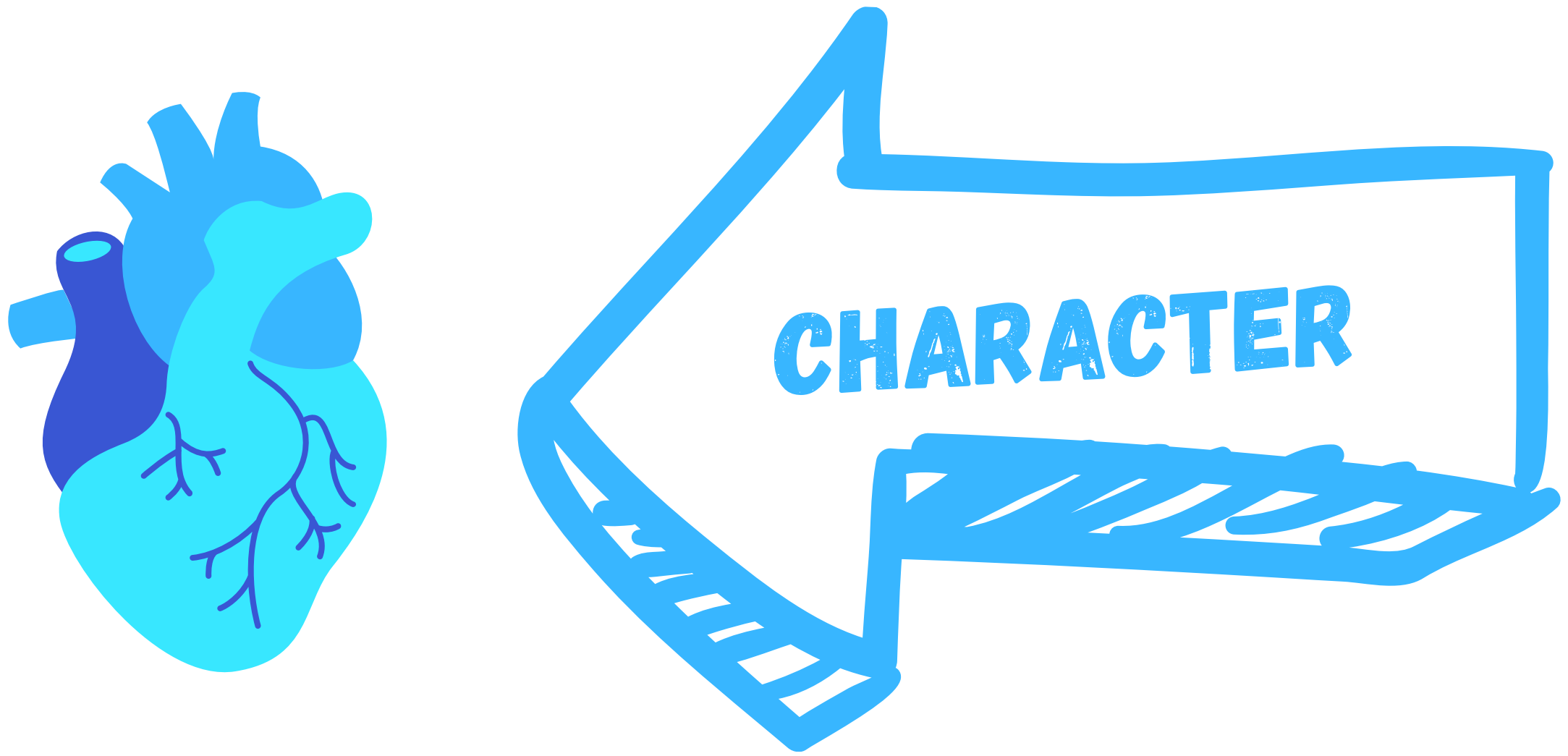


Refer back to your Ideal Performance State on pages 12 and 13 of your **VISION WORKBOOK**. If you have completed that section, you will discover that you have already started creating a list of affirmations.

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.

## Key Takeaways:

- Self-talk is a powerful driver of confidence and performance.
- Positive, constructive inner dialogue builds mental strength and helps you overcome obstacles.
- Awareness of your self-talk is the first step to creating the confidence necessary to pursue your vision.



#### Content Overview:

- Explore how character traits like discipline, humility, and leadership shape the way you approach challenges.
- Recognize that character obstacles often extend beyond performance—they define how you live and interact with others.
- Character transformation is the foundation for sustainable growth.

# Character Skills Reflection



**Step 1** Think of someone who has been a good coach, mentor, leader, etc. to you in your athletic career. Think about the traits that had the greatest impact on you. Think about what you will remember them for most.

**Step 3** Choose 3 skills from the list below that you would like to be recognized and remembered for.

Resilience  
Self-Awareness  
Focus  
Patience  
Perseverance  
Humility  
Adaptability  
Composure  
Determination  
Growth-Oriented  
Mental Toughness  
Team-Oriented  
Empathy  
Integrity  
Optimism  
Self-Motivation  
Accountability  
Confidence  
Strategic Thinking  
Supportiveness  
Respectfulness  
Work Ethic  
Self-Control  
Enthusiasm  
Reliability

Leadership  
Studious  
Empathy  
Communication  
Time Management  
Respectful  
Integrity  
Responsibility  
Emotional Awareness  
Goal-Setting  
Adaptability  
Self-Reflection  
Inclusive  
Responsible  
Good Judgment  
Listener  
Problem-Solver  
Positivity  
Curiosity  
Respect for Authority  
Freindly  
Conflict Resolution  
Self-Discipline  
Empowerment of Others  
Visionary

# CHARACTER SKILLS

*reflection*

**Step 3** Enter your 3 skills below.

**Step 4** Using a scale of 1-5, ask 3 people you trust to rate you in each skill with 1 being, "I never see them display that skill" and 5 being, "I always see them display that skill." Enter the rating in the participant box.

**Skill:**

1

Participant Participant Participant Participant Participant

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**Skill:**

2

Participant Participant Participant Participant Participant

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**Skill:**

3

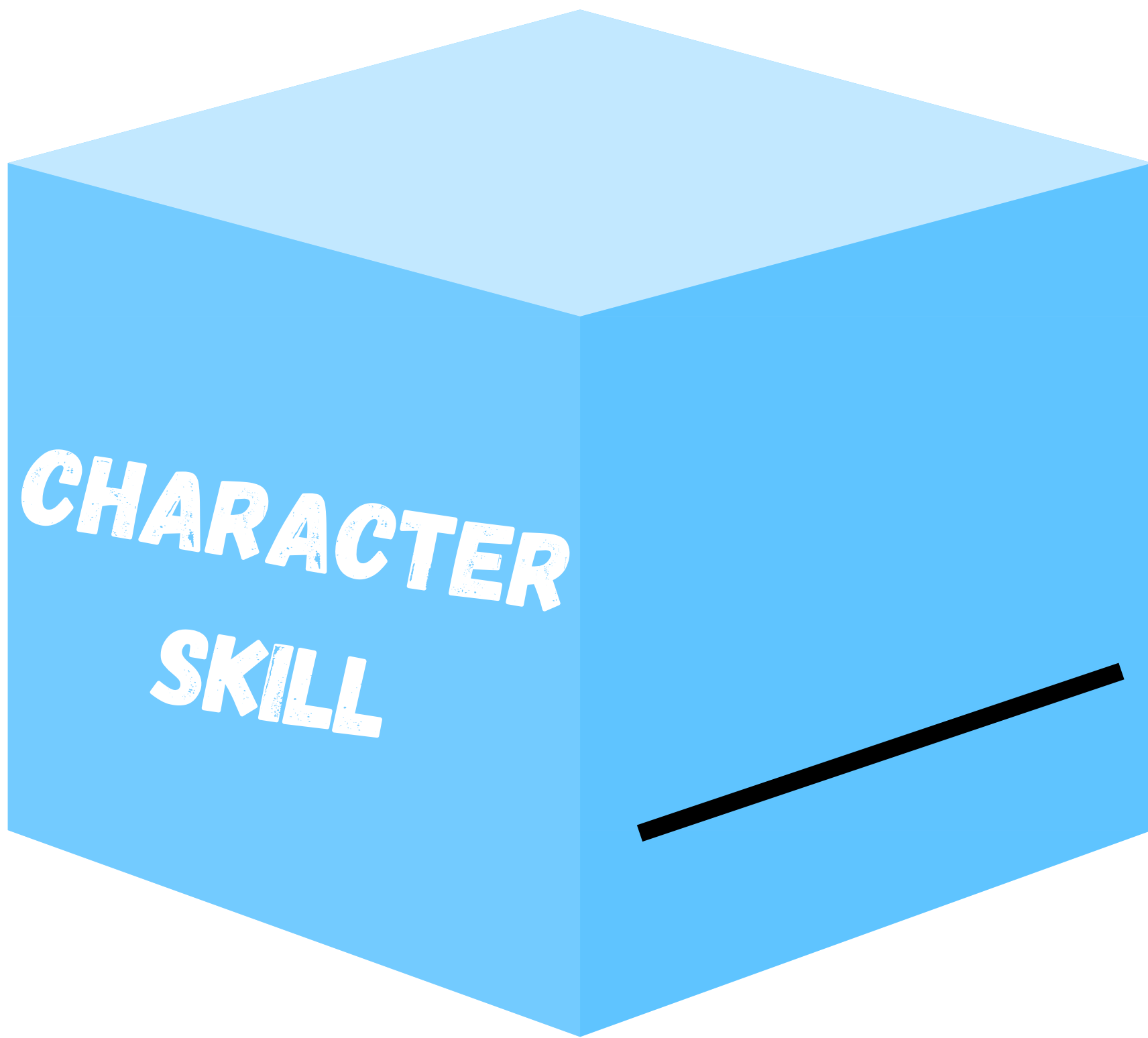
Participant Participant Participant Participant Participant

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# CHARACTER SKILLS

## *reflection*

**Step 4** From the 3 skills you selected narrow your focus to one character skill that you will focus on developing over the next 90 days.



Things you can do to develop your character skill

- Seek feedback and act on it
- Take responsibility
- Seek out mentors
- Read books
- Reflect and journal
- Be consistent
- Surround yourself with positive influences

Key Takeaways:

- Character skills require a deeper level of self-reflection and commitment to personal growth.
- Overcoming these challenges transforms you into someone who can handle the demands of a bigger vision.