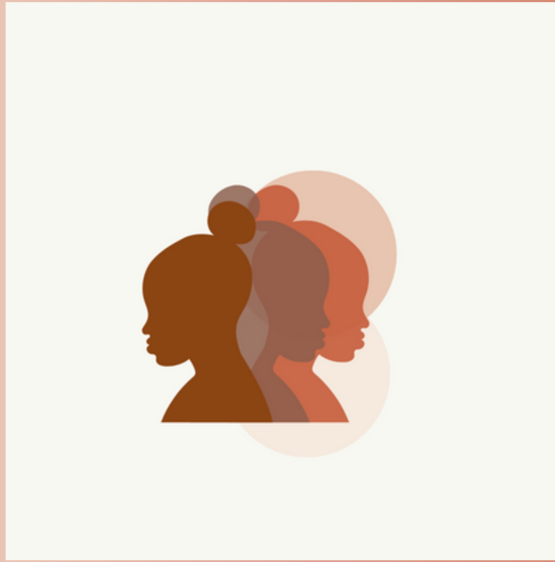


# Champion Mindset: Goal Setting Guide



A guide to unlocking your athletic potential with  
sensitivity and strength  
Dana Lauder, MACP, RP  
Lumus Counselling & Psychotherapy

# Welcome to Your Performance Journey

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**This isn't just another sports workbook – it's your guide to becoming not just a better athlete, but a more connected and authentic person. We believe that true champions aren't just strong on the outside; they understand and value their inner strength too!**

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## **How to Use Your Playbook:**

- **Find a quiet spot where you can focus**
- **Grab your favorite pen or pencil**
- **Be honest with yourself**
- **Come back to this guide whenever you need it**
- **Share and discuss with your parents/guardians**

Remember: Every champion started exactly where you are right now!

# Discovering Your Why

## What kind of athlete to you want to be?

Part 1: Your Values Circle the words that feel most important to you:

Having fun	Never giving	Leading
Being a good	up	Others
teammate	Being kind	Being brave
Working	Learning	Being
hard	new things	authentic

### Part 2: Your Superhero Story

- What do you love most about your sport?
- Who do you look up to and why?
- How do you want to help others?



### Part 3: Your Athlete Statement (Fill in the blanks)

"I am an athlete who..."

"I make my team better by..."

"I want to be known for..."



# Dream Big, Plan Smart

## Your Goals Map

### This Season:

- In my sport, I want to learn...
- As a teammate, I want to be...
- For my team, I want to...



### This Year:

- Skills I want to master :
- Ways I want to help my team:
- Things I want to learn:

### Big Dreams (2-5 years):

- Where do you see yourself?
- What do you want to achieve
- How do you want to inspire others?





# Your Daily Gameplan

## Success Starts With Good Habits

### **Before Practice/Competition:**

Did you get enough sleep?  
Had a good meal?  
Pack your gear?  
Take deep breaths?



### **During Practice/Competition:**

Focus on what you can control  
Listen to coaches  
Support teammates  
Try your best



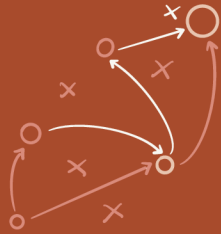
### **After Practice/Competition:**

What went well?  
What did you learn?  
Thank someone who helped  
Plan for tomorrow



# Weekly Champion Check-in

## Your Weekly Success Plan



### Sunday Game Plan

- Last week's wins (list 3)
- This week's goals (pick 2-3)
- People who can help me



### Daily Check-in:

Morning Power-Up:

"Today I will focus on..."

"I'm excited to..."



### Bedtime Review

"Today I'm proud of..."

"Tomorrow I'll try..."



# Keeping It Fun And Balanced

## Your Happy Athlete Check

### Rate these with emojis

(😊 😐 😞):

- How much fun am I having?
- How's my energy level?
- Am I being a good friend/teammate?
- Do I have time for other things I enjoy?

If you see lots of 😊: Keep it up! If you see 😐: Talk to someone you trust If you see 😞: Time for a team meeting with your parents/coach



Connect With Us:

[www.lumuscounselling.com](http://www.lumuscounselling.com)

Instagram: @lumuscounselling

Additional Resources:

Mental Performance Coaching (Coming Summer 2025!)

Free tools and guides at [lumuscounselling.com/resources](http://lumuscounselling.com/resources)

Parent & Coach resources

Remember: "Champions aren't just made during practice  
and competition – they're made by how they think and  
prepare!"