



# CONSISTENT

ALWAYS GIVING MY BEST AND BEING MYSELF

## WHAT'S YOUR KEEL?

### ADVERSITY:

- 1 THE OFFICIAL MAKES A BAD CALL
- 2 MY PLAYING TIME GETS TAKEN AWAY
- 3 I GET INJURED
- 4 I MAKE AN ERROR
- 5 MY TEAM LOSES

### MY TYPICAL RESPONSE:

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### WHAT NEEDS TO CHANGE?

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### MY KEEL IS:



NOTHING IS MORE DIFFICULT THAN CONTROLLING YOUR EMOTIONS IN THE HEAT OF ATHLETIC COMPETITION. BUT TO BE CONSISTENT, YOU MUST.

