ANJON ATHLETICS

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SELF-GIFT JOURNAL

ASSESS | DEVELOP | PROCESS | REFLECT | ELEVATE

Elevating
the Heart
the Intellect
the Will

ATHLETE NAME		DATE		DAYS SINCE LAST MATCH	
SESSION NUMBER:		PROGRAM		COACH	

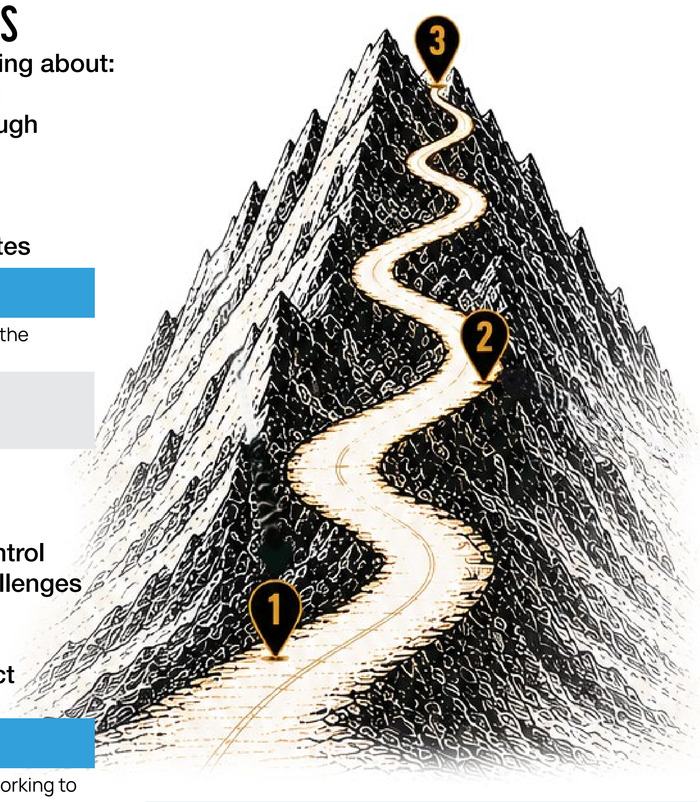
1 SELF-CONSCIOUSNESS

I spend a lot of time thinking about:

- What others think of me
- Whether I am good enough
- Mistakes I make
- Playing time
- Results and outcomes
- Comparison to teammates

REFLECTION

What thoughts pull my attention away from the present moment most often?



2 SELF-MASTERY

I am learning to:

- Focus on what I can control
- Stay present during challenges
- Learn from mistakes
- Train consistently
- Respond instead of react
- Let go of outcomes

REFLECTION

What habit, skill, or mindset am I currently working to master?

3 SELF-GIFT

I am increasingly focused on:

- Helping teammates succeed
- Improving team culture
- Encouraging others
- Serving my family and community
- Leaving places better than I found them
- Using my gifts for something bigger than myself

REFLECTION

How am I helping others grow through my actions?

PART II: THE MIRROR

HEART:
What do I care about most right now?

WILL:
What challenge am I avoiding?

INTELLECT :
What truth do I need to remember this week?

PART III: THE WHEELBARROW TEST

Ram Dass spoke of the young monk suffering because he could not stop thinking about the wheelbarrow.
What is my wheelbarrow today?

	A Mistake		Expectations
	Playing Time		Social Media
	Team Selection		Fear of failure
	Scholarship Pressure		Other
	Injury		
	Comparison		

If I could set down this wheelbarrow for one day, what would become possible?

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PART IV: FROM ATHLETE TO GIFT

Imagine someone describing you five years from now.
Not your statistics. Not your awards. Not your trophies.
What would you hope they say about the kind of person you became?

Which of these qualities do I want to grow?

	Courage		Gratitude		Humility
	Discipline		Generosity		Patience
	Leadership		Compassion		Responsibility
	Joy		Wisdom		Faithfulness

Why?

PART V: THE SELF GIFT CHALLENGE

AT HOME

AT SCHOOL

ON MY TEAM

IN MY COMMUNITY

PART VI: MY NEXT STEP

One attachement I will practice releasing

One person I will ententially encourage

One discipline I will practice strengthening

One way I can become more of a gift

REFLECTION SCALE
(SELECT YOUR SCORES)

SELF-CONSCIOUSNESS 5
"I am learning to self evaluate"

SELF-MASTERY
"I am learning to govern myself"

SELF-GIFT
"I am helping others flourish"

COACH NOTES

What further support could coach provide to support my Heart, Will, or Intellect?