

Don't make it easy on your kid



Identify a challenge that your athlete is experiencing or may go through (a period of high scores, disagreement with a coach, got cut from a team). Explore how they could work through this scenario. Not all steps will fit for every situation (and that's okay!)

STEP 1

Start with a check in.

- What is going on?
- What am I feeling?
- What am I thinking?

STEP 2

Explore your thoughts about the situation a bit.

- What is my understanding of the situation? Am I interpreting it correctly? Are there other possible ways to look at it?
- Do I have any judgements (about myself or others)?
- Am I thinking in extremes (worst case scenario)?

STEP 3

Think about your goal for the situation.

- What needs to happen or change to make me feel okay about the situation?
- Is there anyone I can ask for support or help in working through this?

“Let them learn the skill of working through tough times.”

Derek Ingram, Head Coach Team Canada - Men and PGA TOUR Coach

STEP 4

Brainstorm a bunch of options.

- Come up with as many solutions to the situation as you can. (Check in with those you trust and care about for their ideas!)

STEP 5

Choose something and get going.

- Choose a solution (or 2) to try out.
- Use the pros and cons list if you need help deciding. Think about what would happen in both the short term and long term.

“I've shown a lot of resilience in my career. A lot of ups and downs, and I keep coming back. And whether that means I get rewarded or I get punched in the gut, I'll always keep coming back.”

Rory McIlroy, PGA TOUR Professional Golfer

STEP 6

Put it into action.

- Here's what needs to happen (break down your solution into steps):
- Is there something I need to learn or work on in order for things to get better? If so, how can I learn this? Is there anyone who can help? How will I practice?
- How will I know if this is working?

PROS & CONS

SOLUTION 1	
PROS	CONS

SOLUTION 2	
PROS	CONS

