



FOCUS VS. DISTRACTIONS

“Obstacles are what you see when you take your eyes off your goal” - Jim Lefebvre

Athletes underestimate the amount of energy and focus it takes to reach the top. Only a few are willing to put aside the distractions life constantly pressures and pleasures them with in order to actualize their dreams.

What are *your* distractions in life that are/will tempt you away from reaching your life goals? Avoid them.

What are the most important things to focus on during the game in your sport?

What distractions in sport steal your focus away from what's most important (the ball and the present moment)?

How long during a play do you truly have to focus? What will you do with all that free time?

What strategies will you use to gain a present moment focus? (ex: routines, self-talk, awareness breathing)

What refocus strategies will you use to bring your focus back to the present moment when distractions occur?

What are some sacrifices you will need to make during your career in order to get from where you are to where you want to go? (Ex: overpartying, dangerous water or snow sports, certain groups of people)