



Focus on the Journey

Lesson Content

As a young athlete I'd get pretty upset when a practice session didn't go well. One day my mother noticed my angry disposition, and said, "I'm so sorry you're not enjoying your sport." I said, "Well, I'm angry because I'm not performing well." And she said, "No, you're not performing well because you're angry." Wow, did that ever hit the nail on the head. I was so fixated on the results I wanted that I missed the fact that I should be enjoying the process of learning...even the frustrating parts! They served a purpose, and my job was to soak it all in....and appreciate the journey. Is your athlete enjoying the journey?



In his book, *Quiet Strength*, former NFL coach Tony Dungy said, **"You can't always control circumstances. However, you CAN control your attitude, and response. Your options are to complain, or to look ahead and figure out how to make the situation better."**

He was speaking about the journey of sports -- AND life. When athletes direct their attention to the PROCESS, they can focus on those areas that are within their control, like:

learning, challenging themselves, making progress, and just enjoying the moment.

Focusing on these things allows them to **have an experience** and not just **experience an outcome**.

On the other hand... athletes that are consumed with results become obsessed with stuff they can't control: rankings, trophies, scoreboards, placement, or scholarships

They miss the fact that an outcome in any performance is really just feedback about the quality of your preparation... it is not a lasting verdict...it's temporary. Think of it this way:

Athletes that place a higher value on their results are always concerned with **what they are getting**.

Athletes that find value in the journey are all about **who they are BECOMING**.

Tony Dungy said:

"It's about the journey-- -- the lives we touch, the legacy we leave, and the world we can change for the better." So, WHO is your child becoming?



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Discussion Guide

1

Make a list of things within your athlete's control, and things outside of his/her control.

2

What's the ratio of conversations focused on enjoyment of the journey vs results? How could you restore the proper balance?