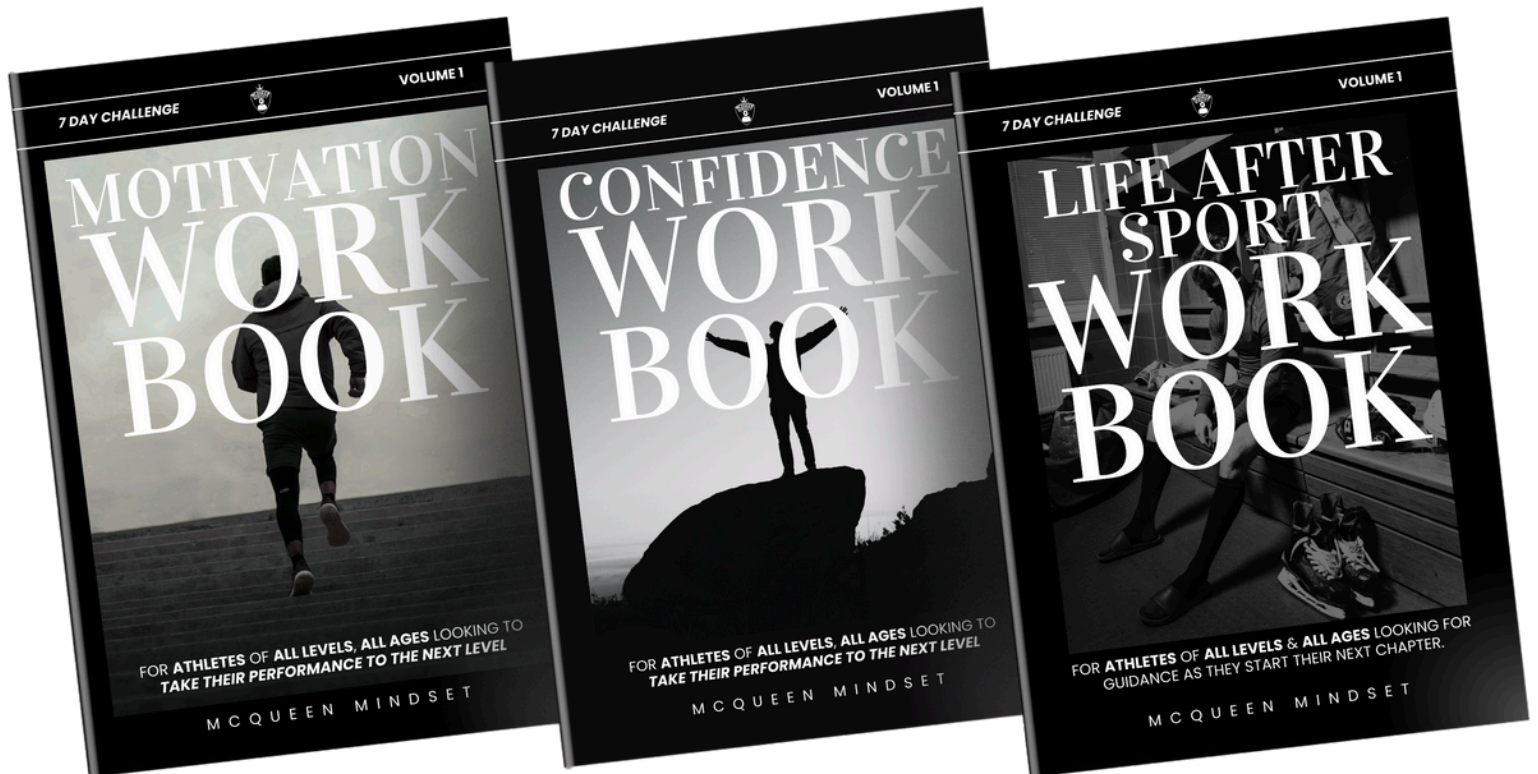


WORKBOOKS

by McQueen Mindset

\$39



MOTIVATION

Find what is stopping or slowing you down and learn tools to find consistency in your motivation.

CONFIDENCE

Find consistency in your confidence through reflection, building affirmations, and taking back control.

LIFE AFTER SPORT

Find acceptance in your athletic career and set yourself up to succeed in the next chapter of your life.

Start your journey towards your true potential today with a workbook

Available for purchase through Amazon Kindle & a copy will be shipped to you!



WHAT TO EXPECT & WHAT TO PUT IN

Spoiler Alert** You will get out of this book what you are willing to put in.

What to expect?

This workbook is designed to guide you through a 7-day challenge to boost confidence, improve mental resilience, and help you maintain consistency in your performance. Each day will start with an introduction and research insight on the topic of the day. Each day will end with an activity to apply the lesson and reflect.

Expect to be challenged with reflection and pushing your comfort zone. Expect to ask yourself questions you may not like the answers to. And expect yourself to give your all and see how you can grow.

What to put in?

01 Time

Taking the time to sit down and dive into each challenge and the material will help you get the most out of this workbook.

02 Focus

Focus in the sense of allowing yourself to sit with each topic, set time aside, and give it your 100% attention and effort.

03 Honesty

Some of these challenges will require reflection. The more honest you can be, the more you will get out of the exercise.

7 DAY CHALLENGE



VOLUME 1

MOTIVATION WORK BOOK

A person in athletic wear is running up a wide set of concrete stairs. The person is seen from the back, moving away from the viewer towards a bright, hazy horizon. The large, white, serif title text 'MOTIVATION WORK BOOK' is superimposed over the upper half of the image, with the person's figure partially visible through the letters.

**FOR ATHLETES OF ALL LEVELS, ALL AGES LOOKING TO
TAKE THEIR PERFORMANCE TO THE NEXT LEVEL**

M C Q U E E N M I N D S E T



DAY 1

Motivation vs Dedication

Welcome to Day 1 of the Motivation Workbook! Great news, if you made it here it means that you were motivated enough by your goal to purchase this book and open it! Now will be your first test of the dedication towards this goal: completing this workbook. Read below on what research says about motivation, then continue on to your first challenge.

Dedication is defined by commitment to long-term goals (Scanlan, 1993), intrinsic drive (Deci, 1985), consistency in effort (Ericsson, 1993), and resilience (Fletcher, 2012).

Motivation in sports is the eagerness to train and the internal and external pushes to work toward a goal (Vallerand, 1999).

When we look at the difference between motivation and dedication, it is in the language that we use. The keywords in these definitions are dedication is a commitment and consistent effort, while motivation is an eagerness to push towards a goal. Even looking at the words we use: "I feel motivated" versus "I am dedicated". One would argue that 'motivation' and 'dedication' are synonyms, but, how we speak about things matters.

The goal of this workbook is to help you gain back control of your motivation. Being that it is a feeling, some days we will wake up with it and others we won't. Today's activity is about understanding your motivation and dedication. The rest of this week will give you tools to control the feeling of motivation.

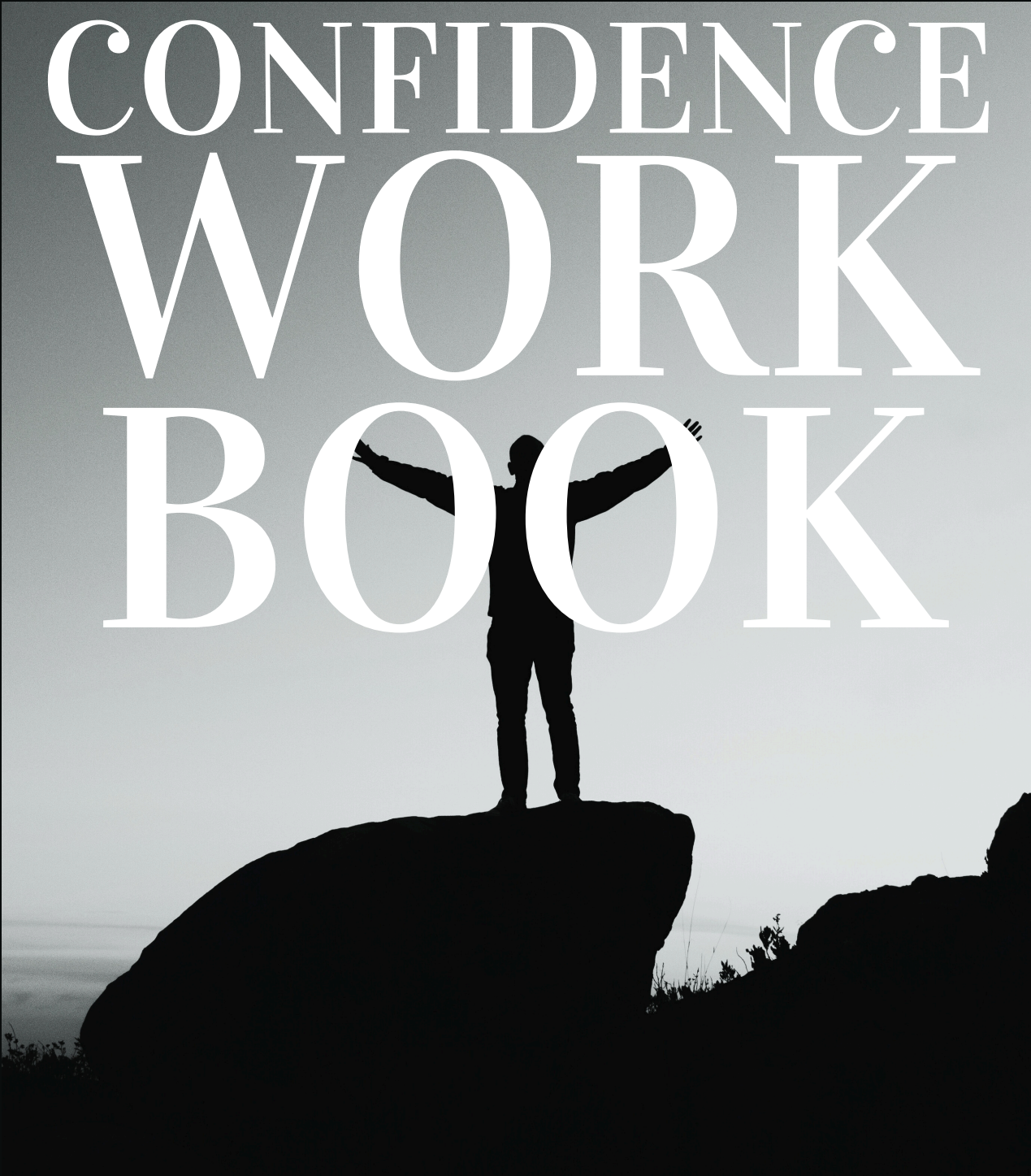
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7 DAY CHALLENGE



VOLUME 1

CONFIDENCE WORK BOOK



**FOR ATHLETES OF ALL LEVELS, ALL AGES LOOKING TO
TAKE THEIR PERFORMANCE TO THE NEXT LEVEL**

M C Q U E E N M I N D S E T



DAY 1

Does your confidence change? Why?

Welcome to Day 1 of your Confidence Workbook. Today we are going to start with understanding why your confidence changes. Why some days we feel on top of the world, and some days we doubt ourselves. On the next page you will find your Day 1 Challenge. But before getting started, read the excerpts below.

Athletes' self-confidence can fluctuate due to various factors, including the nature of their sport and interactions with teammates. In team sports, an individual's confidence may be influenced by their teammates' actions, leading to changes once performance begins. This dynamic suggests that self-confidence is not static and can vary during performance.

Additionally, young elite athletes report that their confidence levels often fluctuate based on their experiences and perceptions. Meaning that not only is it what is going on around us, but the way we perceive these events that then impact our confidence. Understanding these fluctuations is crucial for developing strategies to maintain and enhance sport-confidence.

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DAY 1

Does your confidence change? Why?

Over the next 7 days, we are going to track your confidence and see if it changes. Start with Day 1 and rate yourself on a scale of 1-10 (1 lowest, 10 highest) on how confident you feel that day. Then use the rest of the box to explain why you feel that way. What has impacted your confidence in a positive or negative way. On Day 7, look back and reflect on how much your confidence has changed, and why. Then use the tools that you explained on Days 2-7 to make changes and take more control over your confidence.

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Why?

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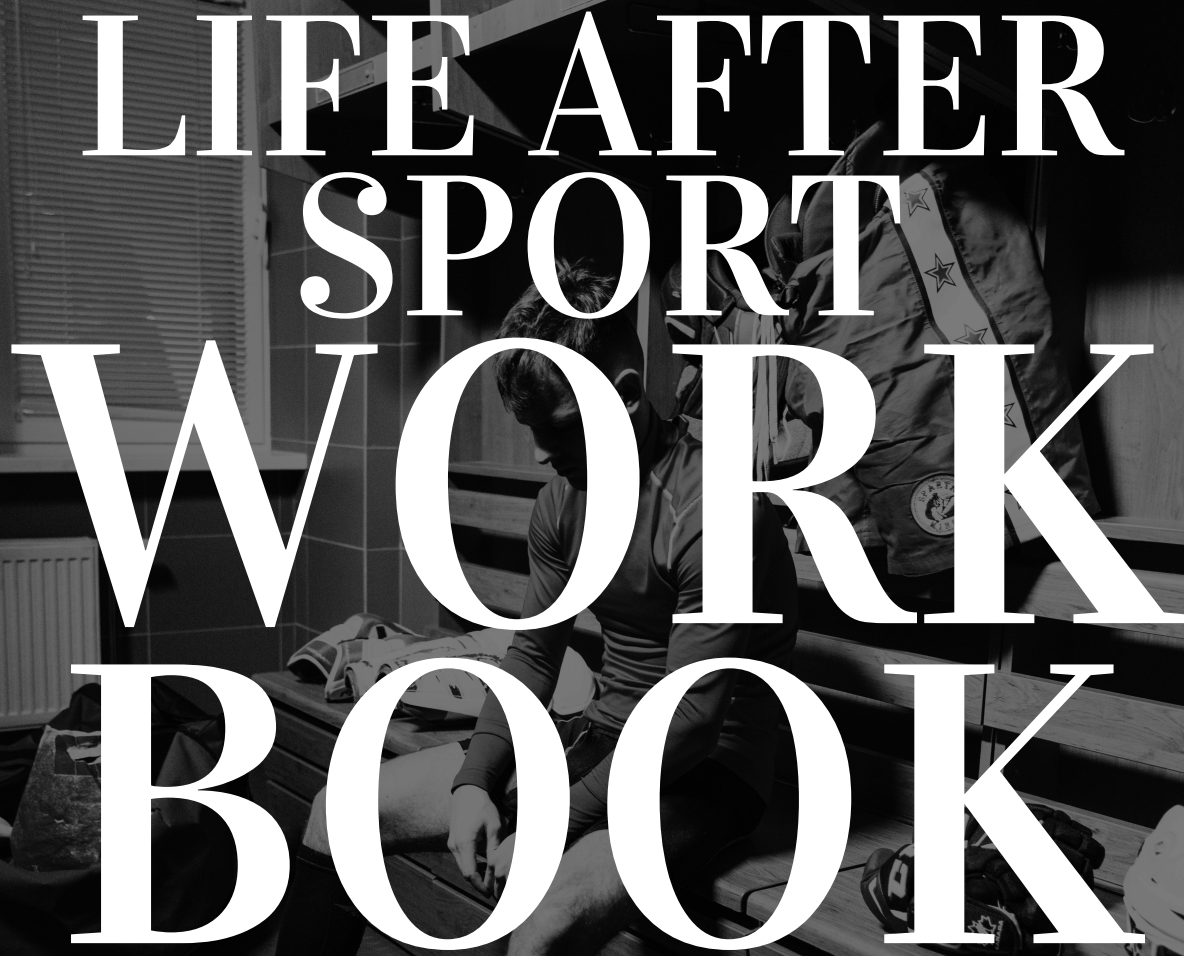
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7 DAY CHALLENGE



VOLUME 1



LIFE AFTER SPORT WORK BOOK

FOR **ATHLETES OF ALL LEVELS & ALL AGES** LOOKING FOR
GUIDANCE AS THEY START THEIR NEXT CHAPTER.

M C Q U E E N M I N D S E T



DAY 1

Why is my career in sport ending?

Welcome to Day 1. If you are here, then either you are about to walk away from sports, or already have and feel lost. Today we will start with one key factor that can stunt our transition out of sport: acceptance. Read below on how our identity within sport can affect our transition out. Then complete the Day 1 Challenge on the next page.

The development of a strong athletic identity can complicate the transition out of sports. Athletes who closely tie their self-concept to their athletic role may experience identity loss upon retirement, leading to psychological distress.

A systematic review indicated that factors such as voluntary vs. involuntary retirement, pre-retirement planning, and the presence of support systems significantly affect the ease of transition. Athletes who retire involuntarily or without adequate planning often face greater challenges.

Now, if you didn't plan ahead, retired without a choice, or are struggling, there is nothing to worry about. The transition away from sports is difficult for everyone. Some of you will have to redefine your identity, some of you will have to readjust your identity. Both a challenge, which is why today we are accepting what is true, your career in sport has ended (or ending), and tomorrow we will work on our identity shifts.

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