

# Life in Full Send: Athletes Reimagined

Name  
Claim  
Reframe

## An Exercise for Feelings Discovery

As athletes, we've been trained to push through pain and not always talk about how we feel or worse, mask what we feel.

But here's the truth: if we can't name what we're feeling, we can't navigate it. The Feelings Wheel gives us a map — and today, we'll practice using it.

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# Set + Setting

Grab a pen and paper

Get in a quiet, comfortable place.

Take 3 deep breaths.

In through your nose, out through your mouth. Do this until you feel relaxed.

Ask yourself:

What am I feeling in my body right now?

Where do I feel it? (Stomach, chest, shoulders, jaw, etc.)



# NAME IT

Start in the center of the wheel and move outward until you find a word/Feeling that matches how you feel.

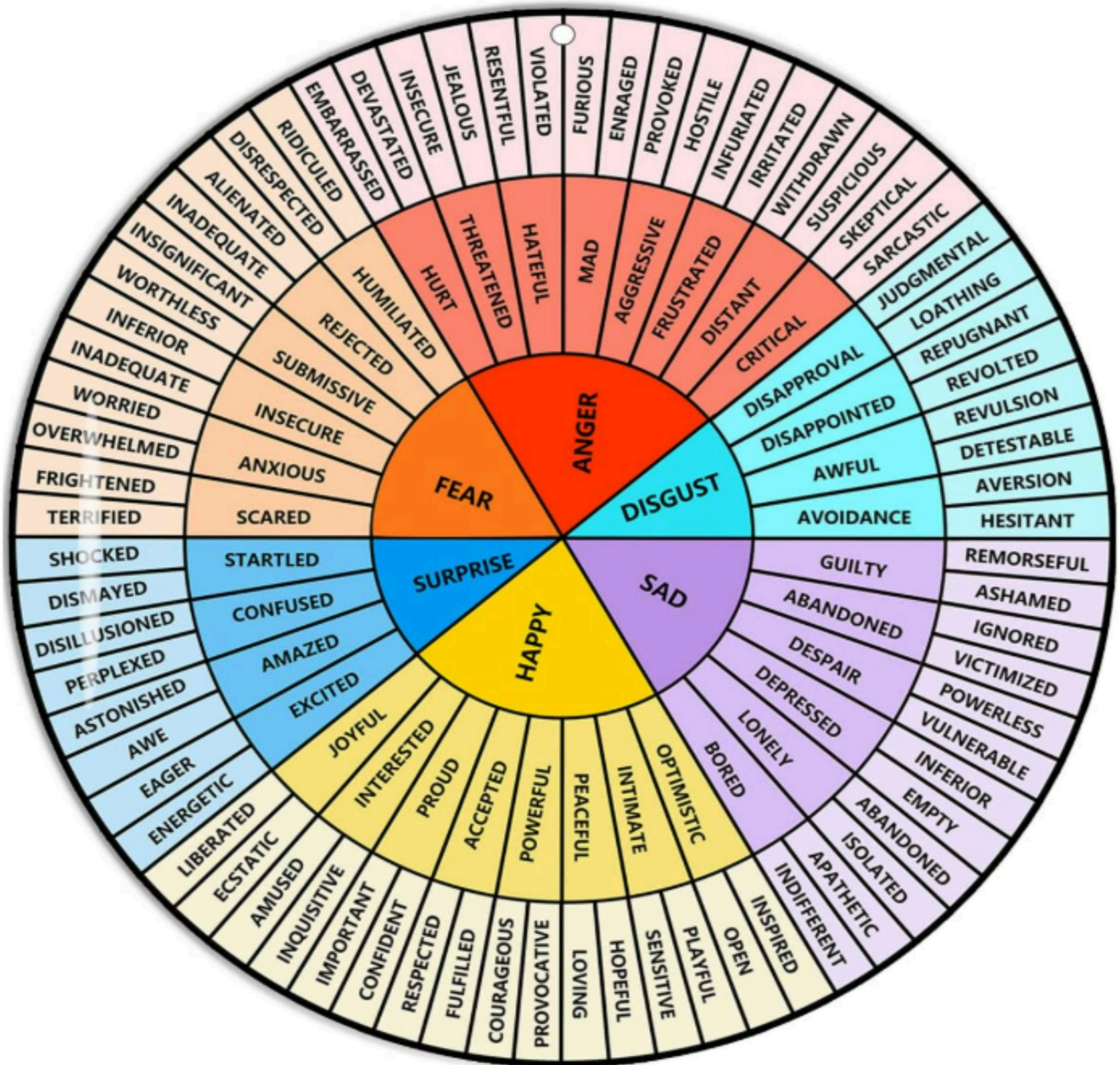
Example: Start with sad → Lonely → Isolated

Write it down: The word that fits me best right now is \_\_\_\_\_.



# The Feelings Wheel

by Dr. Gloria Willcox





# CLAIM IT

Answer these journal prompts:

When I feel \_\_\_\_\_ (word you named), what story am I telling myself about who I am?

If I didn't judge this feeling as good or bad, what would I notice about it?

What might this feeling be protecting me from?

What does this feeling remind me of from my past (in sports or life)?



# REFRAME IT

## Step 1: See + Honor

What does this feeling need from me?

Example: Encouragement, rest, direction, patience, kindness.

## Step 2: See + Ask

What is the smallest next move I can make that would help release some of the weight of this feeling?

## Step 3: See + Declare

Even though I feel \_\_\_\_\_, I choose to \_\_\_\_\_.

Example: Even though I feel isolated, I choose to text my teammate.



# Integrate

End with:

How would I explain this feeling to a younger athlete so they know it's normal and manageable?

This feeling of \_\_\_\_ is real and valid, but it's not all of me. I can acknowledge it and still choose my next move.

Take A Step Forward...

Take action from your reframe work now.

Cheering for you always.

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