



GROWTH ZONE

My thoughts about my career up until now.

What will this struggle mean to my career?



The Growth Zone is where the gymnast will learn to be resilient and flexible. They will learn to be persistent and patient. They will see progress and success when they allow themselves to learn from this experience.

- Resilience means to be able to bounce back from challenging situations.
- Flexibility means to adjust to circumstances or situations.
- Persistence means to continue to persevere in times of resistance.
- Plasticity means the ability to be shaped.
- Patience means to trust the process.



Struggling is not bad!

- Struggle does not devalue me as a person.
- Struggle does not devalue me as an athlete.
- Struggle does not erase my past.
- Struggle does not erase my future.
- Struggle **ONLY** means there are mental or physical skills I can learn.

The Growth Zone is a time when the struggle teaches me how to:

- Bounce back from negative thoughts or challenging situations. I will not let challenges affect my self-worth, self-esteem, or confidence. I will separate **WHO I am** from what I do.
- Adjust to circumstances or situations. I will find a way to figure things out. What worked for me before or what can I change for the future?
- Continue to push, work, and fight in times of challenge. I will find a way to look at the struggle as a way to learn and grow. I will attend practice with the intention of learning a new lesson each day.
- I will continue to let myself grow, change, and learn. I will allow myself to make mistakes and learn from them. I will change without judgement.
- Trust the process, even if it takes a long time. The longer it takes, the more I have to learn. I will trust it will eventually happen.



Resilience:

Do I worry about what others think?

Do I feel “less than” others because I am struggling?

Am I “less than” others because I am struggling?

Do I feel “worse than” I was before because I am struggling?

Am I “worse than” I was before because I am struggling?

When I struggle can I work to remain confident?

Flexibility:

What do I need to complete my goals?

When I feel overwhelmed, can I find a way to break it into manageable chunks?

Do I need a help with a skill?

Do I need to do the skill on a softer, lower, or safer surface?

Do I need to drill the skill more?

Am I thinking helpful thoughts?

Do I believe these thoughts?

Why do I believe these thoughts?

Do I want to believe these thoughts?

What do I want to believe?

What is holding me back from believing those thoughts?

Persistence:

Can I keep working until I find a way to break through?

When I am frustrated, can I work to refocus on what I want?

When I feel defeated, can I keep working?

Can I fight for what I want?



Plasticity:

Do I believe I can change?

Do I want to change?

Do I think that changing is good or bad?

Can I find a new way to push through?

What can I change; irrational thinking, beliefs, add conditioning, drills, etc?

What will I change?

Patience:

Do I believe I can do it?

Do I trust that I will make it through?

Can I trust there is no time frame in which I must have my skills?

Do I trust in this process of learning?

What is this time of struggle teaching me?
