

THE MINDFUL ATHLETE

THOUGHTS, HABITS, AND DESTINY

"WATCH YOUR THOUGHTS, THEY BECOME WORDS;
WATCH YOUR WORDS, THEY BECOME ACTIONS;
WATCH YOUR ACTIONS, THEY BECOME HABITS;
WATCH YOUR HABITS, THEY BECOME CHARACTER;
WATCH YOUR CHARACTER, IT BECOMES YOUR DESTINY."

-DALAI LAMA

THE MINDFUL ATHLETE BY GEORGE MUMFORD TEACHES US THAT BY USING MINDFULNESS AND SELF-AWARENESS, WE CAN SHAPE OUR OWN LIVES. WITH PRACTICE, WE CAN LEARN TO ALIGN OUR THOUGHTS AND HABITS WITH OUR VALUES-LEADING TO POWERFUL TRANSFORMATION BOTH ON AND OFF THE COURT.

FLOW OF INFLUENCE:

THOUGHTS → FEELINGS → ACTIONS → HABITS → CHARACTER → DESTINY

YOUR 'WHY'

EXCELLENCE MEANS LIVING IN ALIGNMENT WITH YOUR PURPOSE, OR "WHY"-EVEN IN THE FACE OF CHALLENGES. FROM THOUGHTS TO DESTINY, MINDFULNESS HELPS YOU RESPOND, NOT REACT.

REFLECTION

- WHAT ARE SOME THOUGHTS AND ACTIONS THAT REFLECT YOUR DEEPEST VALUES?
- WHAT IS A THOUGHT YOU OFTEN HAVE THAT MAY BE SHAPING YOUR HABITS? E.G., "I'M NOT GOOD ENOUGH," OR "I NEED TO CONTROL EVERYTHING."
- WHAT VALUE DO YOU WANT TO LIVE MORE FULLY? E.G., COURAGE, COMPASSION, HONESTY, PATIENCE
- WHAT SMALL HABIT COULD YOU CHANGE TODAY THAT WOULD BRING YOU CLOSER TO THAT VALUE?
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- WHO DO YOU WANT TO BECOME? WHAT KIND OF CHARACTER DO YOU WANT TO CULTIVATE?

