

## What's My Motivation?

1. Internal motivation: Why do you compete? What do you love about your sport?
2. External motivation: What are your external motivators? What other benefits do you get from participating?
3. How do you know when your motivation is low?
4. How do your external motivators compliment your internal motivation?

5. How do your external motivators take away from your internal motivation?
6. What are some ways that you can increase your feelings of confidence and control?
7. What are some mental and physical skills you would like to improve on?
8. What is one step you can take that you haven't already taken in order to move towards improving those skills?