

BE AN AASCF SUCCESSFUL ATHLETE

SUCCESSFUL ATHLETE

- ✓ Never gives up
- ✓ Wants to learn
- ✓ Plans their time
- ✓ Embraces challenge
- ✓ Learns from failure
- ✓ Works hard
- ✓ Learns from criticism
- ✓ Asks questions
- ✓ Helps teammates
- ✓ Works harder after setbacks
- ✓ Believes in themselves
- ✓ Disciplined
- ✓ Wants to win for their own motivation
- ✓ Sees the big picture
- ✓ Exercises self-control in adverse circumstances
- ✓ Is a positive role model



UNSUCCESSFUL ATHLETE

- ✗ Gives up easily
- ✗ Bored of learning
- ✗ Doesn't plan
- ✗ Fears failure
- ✗ Gives up after failure
- ✗ Puts in minimum effort
- ✗ Reacts badly to criticism
- ✗ Think they know everything
- ✗ Self centred
- ✗ Blames others after setbacks
- ✗ Doubts themselves
- ✗ Is lazy
- ✗ Wants to win for the glory
- ✗ Fails to see the big picture
- ✗ Lacks self-control in adverse circumstances
- ✗ Sets a bad example for others

