

BECOMING UNSHAKEABLE (ISH)

PT. 1: WHAT SHAKES US AND WHY?

What are the 6 main categories of things that SHAKE us?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

What are the 3 THINGS that determines the LEVEL to which something shakes us?

- 1.
- 2.
- 3.

What are the TOP TWO CATEGORIES that tend to shake me OR are currently "shaking me" the most?

- 1.
- 2.

WHY? In the space below, write about what is going on and WHY they are shaking you so bad. Is it the intensity, proximity, or did you not have a strong enough MINDSET before that thing happened?

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PT. 2: HOW-TO BECOME UNSHAKEABLE (ISH)

What are the injuries/physical illnesses I have faced? What about friends of mine or family members?

- 1.
- 2.
- 3.
- 4.

How did I deal with it? Did I complain? Shut down? Did it SHAKE BAD?

NAMES: what are some specific example of cruel, rude, or discouraging/unhelpful things that coaches, parents, teachers, or friends have said to me that I have let SHAKE me up?

How did I deal with it? WHY did I respond that way? And how WILL I deal with it moving forward?

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PT. 2: HOW-TO BECOME UNSHAKEABLE (ISH)

What are some decisions my coaches or parents have made that have really made me mad, thrown me off, and SHAKEN ME UP?

- 1.
- 2.
- 3.
- 4.

How did I deal with it and how WILL I deal with it moving forward?

Unforeseen Setbacks/Roadblocks: what are some examples of ones YOU have had, or ones that you have seen others have?

How did I deal with it and how WILL I deal with it moving forward? In other words, if people were to describe the kind of person I was DURING and AFTER setbacks, I would WANT them to say that I was...*Example: calm, cool, collected. Positive and still smiling. Still focused on other people. Definitely NOT self-centered and a complainer.*

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PT. 2: HOW-TO BECOME UNSHAKEABLE (ISH)

What is the common family/friend negativity that I deal with or experience?

- 1.
- 2.
- 3.
- 4.

How do I deal with it and how WILL I deal with it moving forward?

Family/Friend Crisis: what are examples of ones you have had or have seen?

What kind of person do you want to be in the face of the next major or minor crisis that you face? How will you act? What kind of example or role model do you want to be FOR others? What will you need to DO if a crisis DOES happen?

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PT. 2: HOW-TO BECOME UNSHAKEABLE (ISH)

You cannot BE what you cannot SEE. A SETBACK is just a set up for a COMEBACK. In the space below, I want you to simply write about your reflections from this exercise. Answer the questions: WHO did I USED TO be in the face of adversity, rude people, things not going my way? AND secondly, WHO DO I WANT TO BE MOVING FOWARD?

NOW go share this exercise with at least ONE OTHER PERSON!!! If you do not share it than you are truly not SERIOUS about becoming unshakeable***