



# trainwave

Think better. Feel better. Perform better.



Think better. Feel better. Perform better.

## Welcome to Trainwave!

In this package, you will find a recommended training program. Over the next few weeks, you try some different tools, do some activities, and have the chance to learn from Olympians and Paralympians!

There is some video and audio content that goes with some of the activities. You can find all the links you need here:

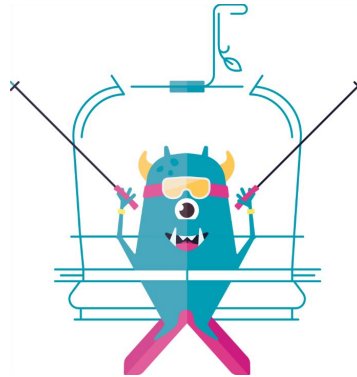
[https://docs.google.com/presentation/d/1JK9p1ySRW\\_zqLsqWbOW2EYehZsZrOL3M-xODAMAg270/edit?usp=sharing](https://docs.google.com/presentation/d/1JK9p1ySRW_zqLsqWbOW2EYehZsZrOL3M-xODAMAg270/edit?usp=sharing)

If you have any questions or need anything, please reach out to [rosie@trainwave.app](mailto:rosie@trainwave.app) or [kyle@trainwave.app](mailto:kyle@trainwave.app)!

# trainwave

Think better. Feel better. Perform better.

## Weekly Plan



### Sunday



Mood  
Check-In

### Monday



Journaling



Training  
Journey

### Tuesday



Breathing



Training  
Journey

### Wednesday



Mood  
Check-In



Journaling



Training  
Journey

### Thursday



Breathing



Training  
Journey

### Friday



Training  
Journey

### Saturday

## Activities

### Training Tools



#### Breathing

Relax, pump up, or focus  
Starting Slide 6



#### Journaling

Keep records, reflect, learn  
Starting slide 12



#### Mood Check In

Learn about your feelings  
Starting slide 32

### Training Journey



#### Courage

7 sessions | Nicholas Hoag  
Starting slide 70



#### Compassion

7 sessions | Dr. Kyle Paquette  
Starting slide 86



#### Composure

7 sessions | Jon Thurston  
Starting slide 102



#### Dedication

7 sessions | Miranda Ayim  
Starting slide 118



#### Gratitude

7 sessions | Rosie MacLennan  
Starting slide 134



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# Training Tools



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# Breathing



Think better. Feel better. Perform better.



Welcome to  
**Breathing**

Relax, pump up, or focus

**What do you need?**

Pick one



**Get Energized**



**Calm Down**  
or  
**Relax FAST!**



**Find Focus**

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## Let's Breathe!

Breathing to **find focus**

3 Levels | 3 - 10 minutes



Your breathing guide

**Miranda Ayim**

3x Olympian, Basketball (W)



### Level 1

3-minute sessions

Click [HERE](#) for audio



### Level 2

5-minute session

Click [HERE](#) for audio



### Level 3

10-minute sessions

Click [HERE](#) for audio



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## Let's Breathe!

Breathing to get **energized** or **warm-up**



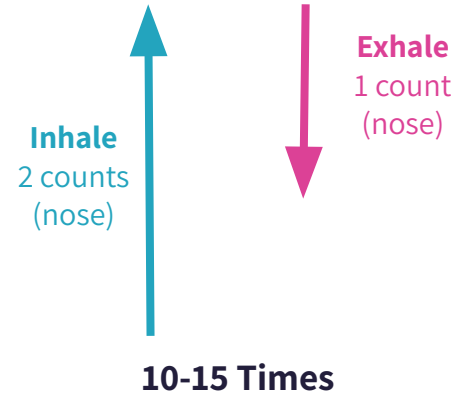
### Breathing basics to energize: (Cyclic Hyperventilation)

You can practice this breathing technique to increase alertness and energy anytime and anywhere. Inhale deeply through your nose and passively exhale through your mouth. The exhales should feel short and punchy

#### Instructions:

Use the following rhythm to guide your breathe:

- Inhale for 2 counts through your nose
- Exhale for 1 count through your mouth
- Repeat 10-15 times



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## Let's Breathe!

Breathing to **calm down**, **relax**,  
or **recover**



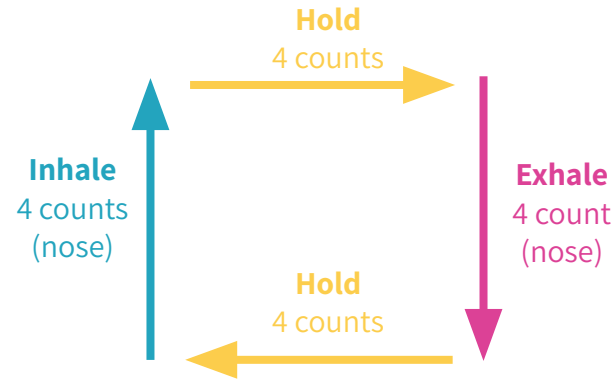
### Breathing basics to relax:

Find a comfortable, and ideally quiet, place to sit or lie down. Breathe in slowly through your nose, hold, exhale slowly through your mouth, hold, and repeat. With each inhale, focus on filling your belly with air. With each exhale, focus on relaxing a specific body part (shoulders, jaw, and hands). This technique is called box breathing.

### Instructions:

Use the following rhythm to guide your breathe:

- Inhale for 4 counts
- Hold for 4 counts
- Exhale for 4 counts
- Hold for 4 counts
- Repeat for 3-5 minutes



**Repeat for 3-5 min**

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## Let's Breathe!

Breathing to **calm down**, **relax**,  
or **recover - FAST!**



### Breathing basics to relax- FAST!: (Psychological Sigh)

Whether you're standing or sitting, take two inhales through your nose and an extended exhale through your mouth.

#### Instructions:

Use the following rhythm to guide your breathe:

- Inhale for 1 count
- Short inhale
- Exhale for 3 counts
- Repeat 2-3 times

Quick  
Inhale  
(nose)



Inhale  
1 count  
(nose)



Exhale  
3 counts  
(nose)



Repeat 2-3 Times



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# Journaling

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Think better. Feel better. Perform better.



## Welcome to Journaling

Keep records, reflect, learn



### Affirmations

#### What is an affirmation?

An affirmation is like a friendly reminder you give yourself. It's a sentence that you say to boost your confidence and feel better about yourself and the situation you are facing.

Journaling affirmations is like having your own cheering squad inside your head that helps you stay focused, feel less worried, and perform better. By repeating these sentences regularly, you can help improve how well you do things and how you feel.

### Daily Wins

#### What is a daily win?

Tracking daily wins and achievements is like collecting successful moments every day. It's about noticing and celebrating the small victories you have, like finishing a task, helping a friend, or learning something new.

Tracking daily wins is like creating a scrapbook of good feelings that boosts your confidence and motivation. By keeping track of these moments, you remind yourself of how awesome you are and all the cool things you're doing.

### Gratitude

#### What is gratitude

Gratitude journaling is like writing a thank-you note to life every day. It's a way to remember and appreciate the good things that happen to you and the people who support you.

Journaling your gratitude can help you feel more content, less stressed, and more connected to the good things around you - all of which will help you to better perform. By doing this, you're training your brain to notice the good stuff and feel happier.

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Think better. Feel better. Perform better.



## Welcome to **Journaling**

Keep records, reflect, learn



### **Affirmations**

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An affirmation is like a friendly reminder you give yourself. It's a sentence that you say to boost your confidence and feel better about yourself and the situation you are facing.

Journaling affirmations is like having your own cheering squad inside your head that helps you stay focused, feel less worried, and perform better. By repeating these sentences regularly, you can help improve how well you do things and how you feel.

#### **Here's an example:**

I can accomplish anything I set my mind to.



#### **It's your turn to write one:**



Think better. Feel better. Perform better.



**It's your turn- write down some affirmations. Keep adding to them as you go!**

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Think better. Feel better. Perform better.



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Tracking daily wins is like creating a scrapbook of good feelings that boosts your confidence and motivation. By keeping track of these moments, you remind yourself of how awesome you are and all the cool things you're doing.

#### **Here's an example:**

I kept trying my hardest in training, even though I was having a hard time.



#### **It's your turn to write one:**

21

22



Think better. Feel better. Perform better.



**It's your turn- track your wins. Keep adding to them as you go!**

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Think better. Feel better. Perform better.



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Journaling your gratitude can help you feel more content, less stressed, and more connected to the good things around you - all of which will help you to better perform. By doing this, you're training your brain to notice the good stuff and feel happier.

#### **Here's an example:**

I'm grateful my teammate kept encouraging me in training.



#### **It's your turn to write one:**



Think better. Feel better. Perform better.



**It's your turn- what are you grateful for? Keep adding them as you go!**

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Think better. Feel better. Perform better.



**It's your turn- what are you grateful for? Keep adding them as you go!**

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Think better. Feel better. Perform better.

# Mood Check-In



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Think better. Feel better. Perform better.



Welcome to

## Mood Check-In

Learn about your feelings



**Dr. Kyle Paquette**

Click [HERE](#) to learn about emotions

### How are you feeling?

Pick up to two feelings:



Calm



Nervous



Angry



Happy



Sad



Tired



Stressed



Bored



Grateful



Excited



Confident



Indifferent

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Think better. Feel better. Perform better.



## Mood Check-In

Let's dig a little deeper

### Emotion 1:

Calm

Nervous

Angry

Happy

Sad

Tired

Stressed

Bored

Grateful

Excited

Confident

Indifferent

### Is this feeling...

Pleasant

Unpleasant

Neither

### How strong is the feeling?

Subtle

Moderate

Intense

### Why do you think you are feeling this way?

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## Mood Check-In

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**trainwave**

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# Learning About Emotions





## Mood Check-In

A bit about feeling...



Calm

### Common Sensations:

- Relaxed muscles
- Warm chest
- Steady breathing

### Similar Feelings

- Relaxed
- Mellow
- Tranquil

### It can be helpful....

Feeling calm can make it easier for us to gain control of our bodies and minds. It can help us think more clearly and move our bodies with more precision and purpose.

### It can be harmful...

Feeling calm can lead to having too little drive or energy to perform or take on a big challenge. We might also have trouble focusing on what we're doing at that moment.



## Mood Check-In

A bit about feeling...



Nervous

### Common Sensations:

- Racing heartbeat
- Sweaty palms
- Butterflies in stomach

### Similar Feelings

- Anxious
- Uneasy
- Excited

### It can be helpful....

Feeling nervous can heighten our senses, make us more alert and give us a boost of energy, especially when faced with a new or challenging situation.

### It can be harmful...

Feeling nervous can be overwhelming, leading to overthinking or freezing up. It might keep us from thinking clearly or taking action when needed.



## Mood Check-In

A bit about feeling...



Angry

### Common Sensations:

- Turning red
- Feeling hot
- Tight muscles

### Similar Feelings

- Irritable
- Frustrated
- Envious

### It can be helpful....

Feeling angry can help us communicate, identify boundaries, and stand up for what is right. We are motivated to take action.

### It can be harmful...

Feeling angry can also lead to judgement or doing things we might regret later. This could lead to conflicts, damage relationships, or even something physical.

# trainwave

Think better. Feel better. Perform better.



## Mood Check-In

A bit about feeling...



Happy

### Common Sensations:

- Overall lightness
- Warm feeling all over
- Open eyes, face, and smile

### Similar Feelings

- Content
- Cheerful
- Proud

### It can be helpful....

Feeling happy can motivate and make everything feel better. It improves our connections, and positively impacts our overall well-being.

### It can be harmful...

Too much happiness can cloud our judgment, causing us to overlook details, become distracted, or forget about important tasks or information



## Mood Check-In

A bit about feeling...



Sad

### Common Sensations:

- Overall heaviness
- Tightness in chest
- Feeling cold

### Similar Feelings

- Unhappy
- Lonely
- Gloomy

### It can be helpful....

Feeling sad helps us slow down, and reflect on what's going on in our hearts and minds. It can help us learn from our losses or mistakes. Sadness can remind us of what's important.

### It can be harmful...

Feeling sad can lower our motivation and drain our energy, making it harder to work towards our goals. We can get stuck thinking about what could be different.



## Mood Check-In

A bit about feeling...



Tired

### Common Sensations:

- Droopy eyes and face
- Mental fog, hard to focus
- Heavy body, harder to move

### Similar Feelings

- Fatigued
- Exhausted
- Drained

### It can be helpful....

Feeling tired can be a sign that our body or mind need rest and recovery. When we get enough rest, we are ready to challenge ourselves and learn again.

### It can be harmful...

Feeling tired can lead to more mistakes and a difficult time concentrating or remembering things. We increase our risk of injury and burnout if we choose to continue.



## Mood Check-In

A bit about feeling...



Stressed

### Common Sensations:

- Tight shoulders and body
- Difficulty staying still
- Intrusive thought

### Similar Feelings

- Tense
- Agitated
- Overwhelmed

### It can be helpful....

Feeling stress can be a motivator. It pushes us to meet deadlines, prepare well, and overcome challenges. It's like a little nudge to get things done.

### It can be harmful...

Feeling stress often can lead to challenges with our health, mood, and relationships. It can lead to emotional strain and burnout.



## Mood Check-In

A bit about feeling...



Bored

### Common Sensations:

- Wandering thoughts
- Restless body
- Yawning

### Similar Feelings

- Indifferent
- Disinterested
- Apathetic

### It can be helpful....

Feeling bored can give our minds the space to be creative and think differently. We might discover new hobbies, ideas, or even solutions to problems

### It can be harmful...

Feeling bored can also lead to laziness, procrastination, and wasted time. It can also lead us to seek more through risky, careless or impulsive behaviour.





## Mood Check-In

A bit about feeling...



Grateful

### Common Sensations:

- Warm chest and body
- Overall lightness
- Smiling

### Similar Feelings

- Thankful
- Appreciative
- Pleased

### It can be helpful....

Feeling grateful can boost our mood, let us appreciate the little things more, bond better with others, and feel more content overall. It offers perspective.

### It can be harmful...

Feeling grateful can also lead us to brush aside or ignore the real problems or concerns we want to address. It can lead to toxic positivity.



## Mood Check-In

A bit about feeling...



Excited

### Common Sensations:

- Racing heartbeat
- Warm/hot body
- Butterflies in your stomach

### Similar Feelings

- Enthusiastic
- Hopeful
- Eager

### It can be helpful....

Feeling excited can boost energy, drive, and motivation, pushing us to explore, engage, take on new challenges or reach our goals faster.

### It can be harmful...

Feeling excited can also lead to impulsiveness, overlooking details, or crashing once the excitement wears off. Too much excitement for too long can lead to burnout.



## Mood Check-In

A bit about feeling...



Confident

### Common Sensations:

- Feeling strong
- Standing tall
- Steady breath

### Similar Feelings

- Optimistic
- Assertive
- Self-assured

### It can be helpful....

Feeling confident can give us an inner boost that helps us overcome obstacles and pursue our passions. We're more likely to take risks, share our ideas, and believe in our abilities.

### It can be harmful...

Feeling confident can also lead us to be cocky, overlook details, underestimate challenges or overestimate goals. It can lead to mistakes or misunderstandings.



## Mood Check-In

A bit about feeling...



Indifferent

### Common Sensations:

- Emotional numbness
- Feeling flat
- Lack of motivation

### Similar Feelings

- Disinterested
- Detached
- Apathetic

### It can be helpful....

Feeling indifferent can help us to remain calm, neutral, and rational in our thinking. It also helps us to save and focus our energy on the people and things that matter most to us.

### It can be harmful...

Feeling indifferent can lead to a lack of motivation and satisfaction - both of which are key ingredients to sustained performance and well-being.



trainwave

Think better. Feel better. Perform better.

# Training Journey



trainwave

Think better. Feel better. Perform better.

# Courage

## Your Courage Journey

7 Sessions | 5-8 minutes/session

Courage is the mental strength to persevere. It involves a willingness to confront challenges, take risks, and act in the face of adversity. It is not the absence of fear, but the ability to confront and overcome it to pursue a goal.



Your courage mentor

**Nicholas Hoag**

2x Olympian, Volleyball (M)

☐

**Session 1:** [Discovering Courage](#)

☐

**Session 5:** [Training Courage](#)

☐

**Session 2:** [Understanding Courage](#)

☐

**Session 6:** [Mindfulness Courage](#)

☐

**Session 3:** [Learning About Emotions](#)

☐

**Session 7:** [Sustaining Courage](#)

☐

**Session 4:** [Creating Courage](#)

## Session 1

## Discovering Courage



Your courage Mentor

**Nicholas Hoag**

2x Olympian, Volleyball (M)

Clear [HERE](#) for video

### What does courage mean to me

Courage shows up in different ways for different people.  
Which of the following best describes what courage means to you? **Pick 3.**

Being Brave

Doing what is right

Leaning into  
discomfort

Not being held back by  
fear

Feeling ready for  
anything

Facing Hardship

Stepping Up

Overcoming failures



## Session 1

## Discovering Courage



Your courage Mentor

**Nicholas Hoag**

2x Olympian, Volleyball (M)

### What challenges my courage?

Staying courageous isn't easy. Which of the following make it most difficult for you to maintain your courage? **Pick 3.**

Feeling scared

Experiencing pain

Doing something new

Knowing you might fail

Choosing the difficult path

Experiencing unexpected challenge

Experiencing peer pressure

Feeling discouraged

## Session 1

### Discovering Courage

#### Here are some Courage Tips:

Circle the 3 that are relevant to you.

#### Feeling scared

Our instincts interpret many things as threats. It's better to view them as challenges to be conquered!

#### Choosing a difficult path

Sometimes the right thing to do is also the hardest thing to do. If you know it's the right choice, you know what to do

#### Experiencing pain

Growth can come from stepping into unknown territory with an open mind. Trying new things is a great way to grow!

#### Experiencing unexpected challenge

These come up all the time. The advantage is that you won't have time to think, so take action and trust yourself.



## Great work!

#### Doing something new

Growth can come from stepping into unknown territory with an open mind. Trying new things is a great way to grow!

#### Experiencing peer pressure

If something is wrong or makes you uncomfortable, stand your ground. You are doing the right thing for yourself.

#### Knowing you might fail

Great performers see failure as a tool for their learning and future performance. They lean in and enjoy the process.

#### Feeling discouraged

Failing or making mistakes can be hard and make you feel discouraged. Create smaller and easier tasks to increase your motivation to continue.



Think better. Feel better. Perform better.

Session 2

## Understanding Courage

Clear [HERE](#) for video

### Spotting Courage

Think of someone who you think is courageous. They can be real (family member, friend, role model) or fictional (from a book or a movie).

What makes them courageous? Think of their actions and habits



Your courage Mentor

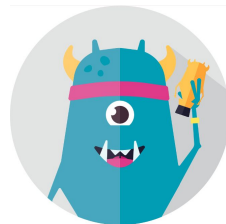
**Nicholas Hoag**

2x Olympian, Volleyball (M)

How courageous are they on a scale of 1-10? (1 = not courageous at all, 10 = fully courageous)

## Session 2

### Understanding Courage



Great work!

#### Remembering My Courage

Think of something you've accomplished that you're proud of and that required courage.  
Remember, it doesn't count if it was easy!

How courageous were you on a scale of 1-10? (1 = not courageous at all, 10 = fully courageous)

## Session 3

## Learning about emotions



Your courage Mentor

**Nicholas Hoag**

2x Olympian, Volleyball (M)

Clear [HERE](#) for video



Calm



Nervous



Angry



Happy



Sad



Tired



Stressed



Bored



Grateful



Excited



Confident



Indifferent

## Session 4

### Creating Courage

Clear [HERE](#) for video

#### Your Inner Voice:

Imagine the following scenario:

 Listen [HERE](#)



Your courage Mentor

**Nicholas Hoag**

2x Olympian, Volleyball (M)

You are facing a hard to beat team, a tough challenge, or a task you have never done before. You feel scared and uncertain. At that moment, the voice inside your head is telling you it's not worth trying because you might fail anyways. You remember that courage can help you in this moment. It's not the absence of fear, but the ability to face and overcome it. You remember it means taking risks.

## Session 4

## Creating Courage

### Your Inner Voice:

Are the following thoughts helpful or unhelpful in creating courage?



Your courage Mentor

**Nicholas Hoag**

2x Olympian, Volleyball (M)

**I will make the right choice**

Helpful

Unhelpful

**I can't do this**

Helpful

Unhelpful

**I will learn from failure**

Helpful

Unhelpful

**I can do this**

Helpful

Unhelpful

**No one will like me**

Helpful

Unhelpful

**I will do what's right**

Helpful

Unhelpful

## Session 4

### Creating Courage

#### Helping your inner voice

Match each unhelpful thought with its more helpful version:

What if I fail?

I'm too scared to try

I will get made fun of

This is so new to me



Your courage Mentor

**Nicholas Hoag**

2x Olympian, Volleyball (M)

New things help me grow

From failure comes growth

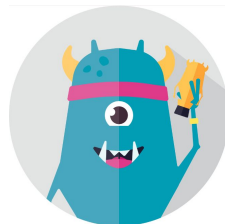
I will be brave

I can't control what others think



## Session 4

### Creating Courage



## Great work!

### Helping your inner voice

Lately, have your thoughts been more helpful or unhelpful?

Unhelpful

I don't know

Helpful

### Let's practice:

Practice your inner voice out loud. Record yourself saying these helpful thoughts:

**I am courageous. I am brave. I am capable of facing challenges that come my way. I can take risks because I know that true growth comes from pushing outside my comfort zone. Even when I feel uncertain or anxious, I have the courage to move forward and pursue my dreams. I know I can handle whatever challenges come my way.**

## Session 5

## Training Courage

Clear [HERE](#) for video

### Warming up your imagination

For each sense, close your eyes and take a moment to imagine...



Your courage Mentor

**Nicholas Hoag**

2x Olympian, Volleyball (M)



The bottom of the chairlift

Not vivid at all

Sort of vivid

Extremely vivid



Your favourite song

Not vivid at all

Sort of vivid

Extremely vivid



The taste of an apple

Not vivid at all

Sort of vivid

Extremely vivid



The smell of baked cookies

Not vivid at all

Sort of vivid

Extremely vivid



The feel of the snow

Not vivid at all

Sort of vivid

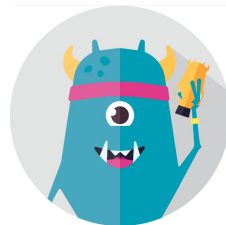
Extremely vivid



Think better. Feel better. Perform better.

Session 5

## Training Courage



# Great work!

### Reimagining your courage

Take a few seconds, close your eyes, and imagine a situation where you commonly feel a bit nervous, anxious, or worried. Imagine acting with courage in that situation. What would it look like, feel like, and sound like?

## Session 6

## Mindful Courage



Your courage Mentor

**Nicholas Hoag**

2x Olympian, Volleyball (M)

Clear [HERE](#) for video

Take a moment to practice



Listen [HERE](#)



Think better. Feel better. Perform better.

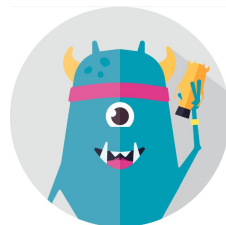
Session 7

## Sustaining Courage

Clear [HERE](#) for video

**Courage is not the absence of fear. It's about about facing fears and challenges with bold action.**

Write down anything you did, learned, or want to remember from the courage pack!



# Great work!



trainwave

Think better. Feel better. Perform better.

# Compassion



Think better. Feel better. Perform better.

## Your Compassion Journey

7 Sessions | 5-8 minutes/session

Compassion is about caring about others. It's understanding, supporting, and helping when someone is going through a hard time. Self compassion is about treating yourself with the same kindness and understanding you would to a friend.



Your compassion mentor

**Dr. Kyle Paquette**

6x Olympic & Paralympic Mental Performance Consultation

☐

**Session 1:** [Discovering Courage](#)

☐

**Session 5:** [Training Courage](#)

☐

**Session 2:** [Understanding Courage](#)

☐

**Session 6:** [Mindfulness Courage](#)

☐

**Session 3:** [Learning About Emotions](#)

☐

**Session 7:** [Sustaining Courage](#)

☐

**Session 4:** [Creating Courage](#)



Think better. Feel better. Perform better.

Session 1

## Discovering Compassion



Your compassion mentor

**Dr. Kyle Paquette**

6x Olympic and Paralympic MPC

Clear [HERE](#) for video

### What does compassion mean to me

Compassion shows up in different ways for different people.  
Which of the following best describes what compassion means to you? **Pick 3.**

Being forgiving

Having patience

Seeing others'  
perspectives

Showing kindness

Helping others

Understanding others

Being open minded

Offering support





Think better. Feel better. Perform better.

## Session 1

# Discovering Compassion



Your compassion mentor

**Dr. Kyle Paquette**

6x Olympic and Paralympic MPC

### What challenges my compassion?

Staying compassionate isn't easy. Which of the following make it most difficult for you to maintain your compassion? **Pick 3.**

Unfairly judging others

Too busy to care

Unfairly judging  
yourself

Managing your own  
needs

Being close-minded

Being self-centered

Not knowing how to  
help

Making assumptions

## Session 1

# Discovering Compassion

### Here are some compassion tips:

Circle the 3 that are relevant to you.

#### Unfairly judging others

Judgement is simply an incomplete opinion. You have no idea what others are experiencing inside or out.

#### Unfairly judging yourself

Being hard on yourself is common. You'll be able to succeed more by showing yourself the kindness you would to a good friend

#### Being close-minded

A curious approach can help you understand and grow. Start by listening to others' perspectives.

#### Too busy to care

Regularly reflecting on what you are doing and what you've accomplished can help you gain perspective.



# Great work!

#### Being self-centered

Taking the time to picture yourself in others' situations can help you gain perspective and connect to others.

#### Not knowing how to help

By being present and open, you are on your way to being supportive. You can also ask how they want to be helped.

#### Making assumptions

What others experience is often completely different from what you think. Ask questions to overcome assuming.

#### Managing your own needs

Recognizing your own needs is a valuable skill. If you are having difficulty, who could you ask for support?



Think better. Feel better. Perform better.

Session 2

## Understanding Compassion

Clear [HERE](#) for video

### Spotting Compassion

Think of someone who you think is compassionate. They can be real (family member, friend, role model) or fictional (from a book or a movie).



Your compassion mentor

**Dr. Kyle Paquette**

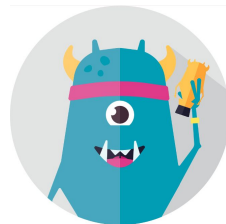
6x Olympic and Paralympic MPC

How compassionate are they on a scale of 1-10? (1 = not compassionate at all, 10 = fully compassionate)

What makes them compassionate? Think of their actions and habits

## Session 2

### Understanding Compassion



Great work!

#### Remembering My Compassion

Think of something you've accomplished that you're proud of and that required compassion.  
Remember, it doesn't count if it was easy!

How compassionate were you on a scale of 1-10? (1 = not compassionate at all, 10 = fully compassionate)

## Session 3

## Learning About Emotions



Your compassion mentor

**Dr. Kyle Paquette**

6x Olympic and Paralympic MPC

Clear [HERE](#) for video



Calm



Nervous



Angry



Happy



Sad



Tired



Stressed



Bored



Grateful



Excited



Confident



Indifferent

## Session 4

### Creating Compassion

Clear [HERE](#) for video

#### Your Inner Voice:

Imagine the following scenario:

 Listen [HERE](#)



Your compassion mentor

**Dr. Kyle Paquette**

6x Olympic and Paralympic MPC

You just finished a race, game, or performance you have been working towards for weeks. You did not do as well as you thought you would. You are feeling frustrated and disappointed. At that moment, many thoughts go through your mind. Some of thoughts are unhelpful, some are even harmful. You remember that compassion can help you in this moment. Rather than listening to the unhelpful thoughts in your head, you use your inner voice to say helpful things that will create self compassion. You realize that beating yourself up and dwelling on your mistakes is not going to help you improve. You remind yourself that mistakes and bad days are a normal part of learning and growing. You start to start to feel better and feel motivated to think about what you can do better next time. You are back on track.

## Session 4

### Creating Compassion

#### Your Inner Voice:

Are the following thoughts helpful or unhelpful in creating compassion?



Your compassion mentor

**Dr. Kyle Paquette**

6x Olympic and Paralympic MPC

**I never get it right**

Helpful

Unhelpful

**I'm a failure**

Helpful

Unhelpful

**Compassion is a way to success**

Helpful

Unhelpful

**I can do this**

Helpful

Unhelpful

**I'm the worst at this**

Helpful

Unhelpful

**I can learn from my mistakes**

Helpful

Unhelpful

## Session 4

### Creating Compassion

#### Helping your inner voice

Match each unhelpful thought with its more helpful version:

I'm not good enough

How could I mess that up?

I don't have what it takes

I let everyone down



Your compassion mentor

**Dr. Kyle Paquette**

6x Olympic and Paralympic MPC

Even the best make mistakes

I still belong here

I am improving at my own pace

I try my best no matter what

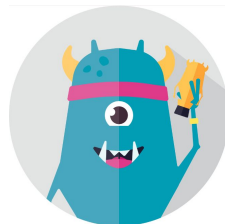




Think better. Feel better. Perform better.

Session 4

## Creating Compassion



# Great work!

### Helping your inner voice

Lately, have your thoughts been more helpful or unhelpful?

Unhelpful

I don't know

Helpful

### Let's practice:

Practice your inner voice out loud. Record yourself saying these helpful thoughts:

**I am compassionate. I am kind and understanding, both to myself and to others. I know that everyone is fighting their own battles, and I strive to treat everyone with kindness and empathy. When I make mistakes, I am gentle with myself and remind myself that it's all a part of the learning process. I offer support and understanding when others struggle, knowing that we all need a little help sometimes.**

## Session 5

### Training Compassion

Clear [HERE](#) for video

#### Warming up your imagination

For each sense, close your eyes and take a moment to imagine...



Your compassion mentor

**Dr. Kyle Paquette**

6x Olympic and Paralympic MPC



A beach

Not vivid at all

Sort of vivid

Extremely vivid



The sound of a fire crackling

Not vivid at all

Sort of vivid

Extremely vivid



The taste of french fries

Not vivid at all

Sort of vivid

Extremely vivid



The smell of winter

Not vivid at all

Sort of vivid

Extremely vivid



The feel of your pillow

Not vivid at all

Sort of vivid

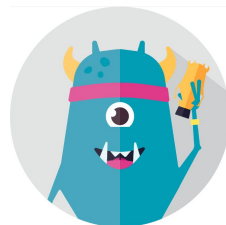
Extremely vivid



Think better. Feel better. Perform better.

Session 5

## Training Compassion



# Great work!

### Reimagining your compassion

Take a few seconds, close your eyes, and imagine a situation where you commonly feel a bit upset, frustrated, or self-critical. Imagine acting with compassion in that situation. What would it look like, feel like, and sound like?

## Session 6

## Mindful Compassion



Your compassion mentor

**Dr. Kyle Paquette**

6x Olympic and Paralympic MPC

Clear [HERE](#) for video

Take a moment to practice



Listen [HERE](#)



Think better. Feel better. Perform better.

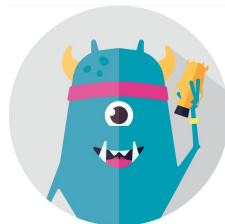
Session 7

## Sustaining Compassion

Clear [HERE](#) for video

**Compassion is being kind to yourself, like a good friend would be.**

Write down anything you did, learned, or want to remember from the compassion pack!



# Great work!



trainwave

Think better. Feel better. Perform better.

# Composure

## Your Composure Journey

7 Sessions | 5-8 minutes/session





Composure is about staying calm and collected, especially in challenging and stressful situations. It is about creating space between what happens, how you feel and how you respond, allowing you to handle difficult situations






Your composure mentor

**Jon Thurston**

Paralympian, Wheelchair Curling

- ☐  **Session 1:** [Discovering Composure](#)
- ☐  **Session 2:** [Understanding Composure](#)
- ☐  **Session 3:** [Learning About Emotions](#)
- ☐  **Session 4:** [Creating Composure](#)

- ☐  **Session 5:** [Training Composure](#)
- ☐  **Session 6:** [Mindfulness Composure](#)
- ☐  **Session 7:** [Sustaining Composure](#)

## Session 1

## Discovering Composure



Your courage Mentor

**Jon Thurston**

Paralympian, Wheelchair Curling

Clear [HERE](#) for video

### What does composure mean to me

Composure shows up in different ways for different people.  
Which of the following best describes what composure means to you? **Pick 3.**

Thinking clearly

Bringing the right  
energy

Inner balance

Feeling in control

Being level headed

Cool as a cucumber

Managing emotions

Focusing on what  
matters





Think better. Feel better. Perform better.

Session 1

## Discovering Composure



Your courage Mentor

**Jon Thurston**

Paralympian, Wheelchair Curling

### What challenges my composure?

Staying composure isn't easy. Which of the following make it most difficult for you to maintain your composure? **Pick 3.**

Making mistakes

Having all eyes on you

Experiencing conflict  
with others

Experiencing  
distractions

Experiencing  
unexpected changes

Feeling intense  
emotions

Receiving tough  
feedback

Experiencing pressure  
to perform

## Session 1

# Discovering Composure

### Here are some composure tips:

Circle the 3 that are relevant to you.

#### Making mistakes

Mistakes lead to progress. In the moments of performance, let go of the mistake and focus on what's next.

#### Experiencing unexpected changes

Changes happen. Understanding what's changed and focusing on what you can do to adapt is the best way forward.

#### Having all eyes on you

There is extra pressure in the spotlight. The best result comes from you being focused on what you can control.

#### Feeling intense emotions

Being able to recognize emotions is a valuable skill. With practice, you can perform well while feeling any emotions.



# Great work!

#### Experiencing conflict with others

It's normal to get carried away during conflict. Take a deep breath and give yourself space to think before speaking.

#### Receiving tough feedback

Though challenging to hear in the moment, take space to process and recognize how you feel about it before acting.

#### Experiencing distractions

Great performer learn to notice these distractions, realize there is nothing to do but refocus on the task at hand.

#### Experiencing pressure to perform

Feeling pressure is your body letting you know that you care. This energy can be used to focus and perform.

## Session 2

# Understanding Composure

Clear [HERE](#) for video

## Spotting Composure

Think of someone who you think is composure. They can be real (family member, friend, role model) or fictional (from a book or a movie).

What makes them composed? Think of their actions and habits



Your courage Mentor

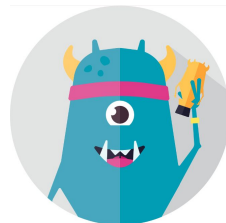
**Jon Thurston**

Paralympian, Wheelchair Curling

How composed are they on a scale of 1-10? (1 = not composed at all, 10 = fully composed)

## Session 2

### Understanding Composure



## Great work!

### Remembering My Composure

Think of something you've accomplished that you're proud of and that required composure.  
Remember, it doesn't count if it was easy!

How composed were you on a scale of 1-10? (1 = not compassionate at all, 10 = fully compassionate)

## Session 3

## Learning About Emotions



Your courage Mentor

**Jon Thurston**

Paralympian, Wheelchair Curling

Clear [HERE](#) for video



Calm



Nervous



Angry



Happy



Sad



Tired



Stressed



Bored



Grateful



Excited



Confident



Indifferent

## Session 4

### Creating Composure

Clear [HERE](#) for video

#### Your Inner Voice:

Imagine the following scenario:

 Listen [HERE](#)



Your courage Mentor

**Jon Thurston**

Paralympian, Wheelchair Curling

You are in a high pressure situation. You must succeed now, but everything seems to be going wrong. You start to feel frustrated. It quickly turns into feeling overwhelmed. At that moment, the voice inside your head is telling you to panic or give up. You remember that composure can help you in this moment, it is the key to staying focused and performing at your best under stress. You recognize you can't control everything, but you can control how you respond to the situations you face. You quickly pause to breathe and remind yourself to breathe, and remind yourself of your training and preparation. You focus on the present moment, and on what you can control. Your focus changed to the task at hand, and you become more composed. You are back on track.

## Session 4

### Creating Composure

#### Your Inner Voice:

Are the following thoughts helpful or unhelpful in creating composure?



Your courage Mentor

**Jon Thurston**

Paralympian, Wheelchair Curling

**I always get so nervous**

Helpful

Unhelpful

**This isn't going well**

Helpful

Unhelpful

**I will accept how I feel**

Helpful

Unhelpful

**My feelings don't determine my focus**

Helpful

Unhelpful

**Being present will help me do my best**

Helpful

Unhelpful

**I can't perform when I feel like this**

Helpful

Unhelpful

## Session 4

### Creating Composure

#### Helping your inner voice

Match each unhelpful thought with its more helpful version:

I always get so nervous

I can't perform when I feel like this

This isn't going so well

I wish I felt differently



Your courage Mentor

**Jon Thurston**

Paralympian, Wheelchair Curling

I will accept how I feel

I can practice performing with any  
feeling

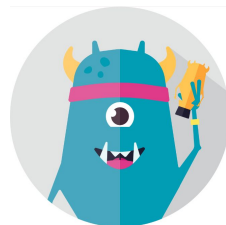
My feelings don't determine my focus

Being present will help me do my best



## Session 4

### Creating Composure



## Great work!

### Helping your inner voice

Lately, have your thoughts been more helpful or unhelpful?

Unhelpful

I don't know

Helpful

### Let's practice:

Practice your inner voice out loud. Record yourself saying these helpful thoughts:

**I am composed. I am calm and collected, even in the face of adversity. I am confident in my ability to stay in control and handle any challenge that comes my way. I know that emotions can be powerful, but I also know that I can choose how I react to them. Instead of letting my feelings control me, I take a deep breath, relax my shoulders, hands and jaw, and approach every situation with a clear head.**

## Session 5

## Training Composure

Clear [HERE](#) for video

### Warming up your imagination

For each sense, close your eyes and take a moment to imagine...



Your courage Mentor

**Jon Thurston**

Paralympian, Wheelchair Curling



Your bedroom

Not vivid at all

Sort of vivid

Extremely vivid



The sound of laughter

Not vivid at all

Sort of vivid

Extremely vivid



The taste of your favourite food

Not vivid at all

Sort of vivid

Extremely vivid



The smell sweat

Not vivid at all

Sort of vivid

Extremely vivid



The feel of a soft sweater

Not vivid at all

Sort of vivid

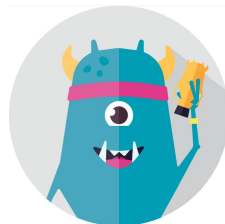
Extremely vivid



Think better. Feel better. Perform better.

Session 5

## Training Composure



# Great work!

### Reimagining your composure

Take a few seconds, close your eyes, and imagine a situation where you commonly feel a bit stressed, frustrated, or upset. Imagine acting with composure in that situation. What would it look like, feel like, and sound like?

## Session 6

## Mindful Composure



Your courage Mentor

**Jon Thurston**

Paralympian, Wheelchair Curling

Clear [HERE](#) for video

Take a moment to practice



Listen [HERE](#)



Think better. Feel better. Perform better.

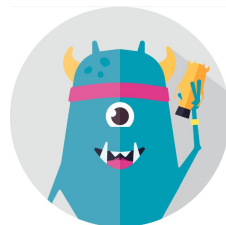
Session 7

## Sustaining Composure

Clear [HERE](#) for video

**Composure is staying calm and collected, even in challenging situations.**

Write down anything you did, learned, or want to remember from the composure pack!



# Great work!



trainwave

Think better. Feel better. Perform better.

# Dedication

## Your Dedication Journey

7 Sessions | 5-8 minutes/session





Dedication is giving your all to something you believe in or want to achieve. It means putting in the time, effort and focus consistently, because you are committed to making your dreams a reality.






Your dedication mentor

**Miranda Ayim**

3x Olympian, Basketball (W)

- ☐  **Session 1:** [Discovering Dedication](#)
- ☐  **Session 2:** [Understanding Dedication](#)
- ☐  **Session 3:** [Learning About Emotions](#)
- ☐  **Session 4:** [Creating Dedication](#)

- ☐  **Session 5:** [Training Dedication](#)
- ☐  **Session 6:** [Mindfulness Dedication](#)
- ☐  **Session 7:** [Sustaining Dedication](#)



Think better. Feel better. Perform better.

Session 1

## Discovering Dedication



Your Dedication Mentor

**Miranda Ayim**

3x Olympian, Basketball (W)

Clear [HERE](#) for video

### What does Dedication mean to me

Dedication shows up in different ways for different people.  
Which of the following best describes what dedication means to you? **Pick 3.**

Staying committed

Having goals

Not giving up

Following through

Working hard

Overcoming obstacles

Making sacrifices

Building habits





Think better. Feel better. Perform better.

Session 1

## Discovering Dedication



Your Dedication Mentor

**Miranda Ayim**

3x Olympian, Basketball (W)

### What challenges my dedication?

Staying dedication isn't easy. Which of the following make it most difficult for you to maintain your dedication? **Pick 3.**

Not having fun

Getting distracted

Prioritizing something  
else

Not feeling motivated

Feeling bored

Experiencing  
unexpected challenge

Experiencing setbacks

Feeling frustrated

## Session 1

# Discovering Dedication

### Here are some dedication tips:

Circle the 3 that are relevant to you.

#### Not having fun

Fun is the feeling of enjoying yourself. Search for simple joys and small wins that you're doing to have more fun.

#### Feeling bored

Doing something too easy can lead to boredom. Expand your comfort zone by finding ways to challenge yourself.

#### Getting distracted

Great performers learn to notice they're distracted, realize it's ok, and refocus on the task at hand.

#### Prioritizing something else

If you chase two rabbits, you won't catch either one. Notice when you are being pulled in too many directions.



# Great work!

#### Not succeeding right away

Remind yourself that practice makes progress, not perfect. Celebrate the 1% improvements you make each day.

#### Experiencing setbacks

Great performers learn to fail fast! Rather than dwelling on setbacks for too long, be curious and take action.

#### Not feeling motivated

Motivation comes and goes. It's strongest when you figure out and focus on why you're doing what you're doing.

#### Feeling frustrated

Doing something too challenging can lead to frustration. Create smaller and easier tasks to increase your success.



Think better. Feel better. Perform better.

Session 2

## Understanding Dedication

Clear [HERE](#) for video

### Spotting Dedication

Think of someone who you think is dedicated. They can be real (family member, friend, role model) or fictional (from a book or a movie).

What makes them dedicated? Think of their actions and habits



Your Dedication Mentor

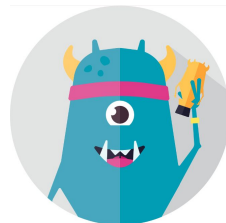
**Miranda Ayim**

3x Olympian, Basketball (W)

How dedicated are they on a scale of 1-10? (1 = not dedicated at all, 10 = fully dedicated)

## Session 2

### Understanding Dedication



Great work!

#### Remembering My Dedication

Think of something you've accomplished that you're proud of and that required dedication. Remember, it doesn't count if it was easy!

How dedicated were you on a scale of 1-10? (1 = not dedicated at all, 10 = fully dedicated)

## Session 3

## Learning About Emotions



Your Dedication Mentor

**Miranda Ayim**

3x Olympian, Basketball (W)

Clear [HERE](#) for video



Calm



Nervous



Angry



Happy



Sad



Tired



Stressed



Bored



Grateful



Excited



Confident



Indifferent

## Session 4

### Creating Dedication

Clear [HERE](#) for video

#### Your Inner Voice:

Imagine the following scenario:

 Listen [HERE](#)



Your Dedication Mentor

**Miranda Ayim**

3x Olympian, Basketball (W)

You wake up early after a long day. You feel tired and unmotivated and the thought of going back to training is not appealing. You put in countless hours of training and made many sacrifices. Despite all that effort, you still face obstacles and setbacks. At that moment, you ask yourself if this is worth it. You remember that dedication can help you in this moment. It's what separates successful athletes from the rest. You remember that it means embracing challenges, as opportunities for growth and seeing every set back as a chance to learn and improve. You remind yourself of your long term goals, and everytime you show up and put in the work, you are one step closer to achieving them. You get up and start your day, knowing your dedication will pay off. You are back on track.

## Session 4

### Creating Gratitude

#### Your Inner Voice:

Are the following thoughts helpful or unhelpful in creating gratitude?



Your Dedication Mentor

**Miranda Ayim**

3x Olympian, Basketball (W)

**I will never be good**

Helpful

Unhelpful

**I will not give up.**

Helpful

Unhelpful

**I can't get anything right**

Helpful

Unhelpful

**I will try again**

Helpful

Unhelpful

**I can't do this**

Helpful

Unhelpful

**I will make new goals**

Helpful

Unhelpful

## Session 4

### Creating Gratitude

#### Helping your inner voice

Match each unhelpful thought with its more helpful version:

I'm not good at this

I want to give up

This is too hard

Everyone is better than me



Your Dedication Mentor

**Miranda Ayim**

3x Olympian, Basketball (W)

My progress is what matters

Hard things take time

I will keep trying

I will get it eventually

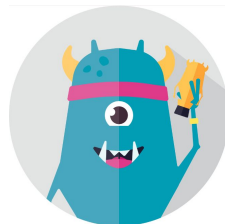




Think better. Feel better. Perform better.

Session 4

## Creating Dedication



# Great work!

### Helping your inner voice

Lately, have your thoughts been more helpful or unhelpful?

Unhelpful

I don't know

Helpful

### Let's practice:

Practice your inner voice out loud. Record yourself saying these helpful thoughts:

**I am dedicated. I am committed to my goals and will do whatever it takes to achieve them. My dedication and perseverance will see me through even when the going gets tough. Every small step brings me closer to my ultimate goal, and I am excited to see what I can achieve through hard work and determination.**

## Session 5

## Training Dedication

Clear [HERE](#) for video

### Warming up your imagination

For each sense, close your eyes and take a moment to imagine...



Your Dedication Mentor

**Miranda Ayim**

3x Olympian, Basketball (W)



A field of grass

Not vivid at all

Sort of vivid

Extremely vivid



The sound of a breeze

Not vivid at all

Sort of vivid

Extremely vivid



The taste of lemonade

Not vivid at all

Sort of vivid

Extremely vivid



The smell of fresh cut grass

Not vivid at all

Sort of vivid

Extremely vivid



The feel of soft grass

Not vivid at all

Sort of vivid

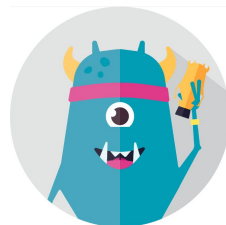
Extremely vivid



Think better. Feel better. Perform better.

Session 5

## Training Dedication



# Great work!

### Reimagining your dedication

Take a few seconds, close your eyes, and imagine a situation where you commonly feel a bit unmotivated or lacking desire to work hard. Imagine acting with dedication in that situation. What would it look like, feel like, and sound like?

## Session 6

## Mindful Dedication



Your Dedication Mentor

**Miranda Ayim**

3x Olympian, Basketball (W)

Clear [HERE](#) for video

Take a moment to practice



Listen [HERE](#)



Think better. Feel better. Perform better.

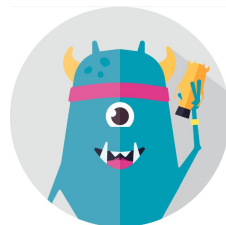
Session 7

## Sustaining Dedication

Clear [HERE](#) for video

**Dedication is putting in hard work towards your goals even when things are difficult.**

Write down anything you did, learned, or want to remember from the dedication pack!



# Great work!



trainwave

Think better. Feel better. Perform better.

# Gratitude



Think better. Feel better. Perform better.

## Your Dedication Journey

7 Sessions | 5-8 minutes/session

Gratitude is having an appreciative and thankful mindset. It is about recognizing for good people and things in your life, acknowledging what you have. It can boost your mood and help you have a more positive mindset, even in challenging times.



Your Gratitude mentor

**Rosie MacLennan**

4x Olympian, Trampoline (W)



**Session 1:** [Discovering Gratitude](#)



**Session 5:** [Training Gratitude](#)



**Session 2:** [Understanding Gratitude](#)



**Session 6:** [Mindfulness Gratitude](#)



**Session 3:** [Learning About Emotions](#)



**Session 7:** [Sustaining Gratitude](#)



**Session 4:** [Creating Gratitude](#)

## Session 1

## Discovering Gratitude



Your Gratitude Mentor

**Rosie MacLennan**

4x Olympian, Trampoline (W)

Clear [HERE](#) for video

### What does Gratitude mean to me

Gratitude shows up in different ways for different people.  
Which of the following best describes what gratitude means to you? **Pick 3.**

Being thankful

Seeing the big picture

A friendly feeling

Outward Kindness

Noticing the good

Being generous

Experiencing  
appreciation

Sharing good vibes



## Session 1

## Discovering Gratitude



Your Gratitude Mentor

**Rosie MacLennan**

4x Olympian, Trampoline (W)

### What challenges my gratitude?

Staying grateful isn't easy. Which of the following make it most difficult for you to maintain your gratitude? **Pick 3.**

Thinking you deserve more

Experiencing racing thoughts

Watching others succeed

Dwelling on mistakes

Experiencing things not going your way

Experiencing unrealistic expectations

Experiencing an unpleasant mood

Feeling sorry for yourself

## Session 1

# Discovering Gratitude

### Here are some gratitude tips:

Circle the 3 that are relevant to you.

#### Thinking you deserve more

Refocusing on what we have helps us feel better in the moment and can reprogram our minds to feel better long term

#### Experiencing things not going your way

Even the best in the world hit roadblocks or setbacks. How you respond is what you can control and what sets you apart.

#### Experiencing racing thoughts

Noticing that your thoughts are racing is the first step to choosing one idea to focus on at that moment. Just begin again.

#### Experiencing unrealistic expectations

From within you or someone else, expecting too much can take the joy out of what you have already accomplished.



# Great work!

#### Watching others succeed

The best performers watch and learn from their peers. This can be a gateway to finding your success. Learn their tips and tricks.

#### Experiencing an unpleasant mood

Being able to recognize what you are feeling is a valuable skill. The mood might briefly hang around, but with time it will pass.

#### Dwelling on mistakes

It's normal to think of the negatives. What can you do with this information to begin programming how you think?

#### Feeling sorry for yourself

Hardship is inevitable, but self-pity or other feelings are optional. Things can and will turn around eventually if you persist.

## Session 2

# Understanding Gratitude

Clear [HERE](#) for video

## Spotting Gratitude

Think of someone who you think is gracious. They can be real (family member, friend, role model) or fictional (from a book or a movie).

What makes them grateful? Think of their actions and habits



Your Gratitude Mentor

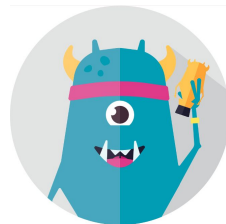
**Rosie MacLennan**

4x Olympian, Trampoline (W)

How gracious are they on a scale of 1-10? (1 = not gracious at all, 10 = fully gracious)

## Session 2

### Understanding Gratitude



Great work!

#### Remembering My Gratitude

Think of something you've accomplished that you're proud of and that required gratitude.  
Remember, it doesn't count if it was easy!

How grateful were you on a scale of 1-10? (1 = not gracious at all, 10 = fully gracious)

## Session 3

## Learning About Emotions



Your Gratitude Mentor

**Rosie MacLennan**

4x Olympian, Trampoline (W)

Clear [HERE](#) for video



Calm



Nervous



Angry



Happy



Sad



Tired



Stressed



Bored



Grateful



Excited



Confident



Indifferent

## Session 4

## Creating Gratitude

Clear [HERE](#) for video

### Your Inner Voice:

Imagine the following scenario:

 Listen [HERE](#)



Your Gratitude Mentor

**Rosie MacLennan**

4x Olympian, Trampoline (W)

You just achieved a personal best, won a game, or accomplished a personal goal that you have been working towards for months or even years. However, your teammate performed better than you. You see everyone on your team congratulating them, but not you. You feel angry, and you feel your heart sink. You realize that gratitude can help you in this moment. You remember that it's about recognizing what you are thankful for. You realize that if you focus so much on problems and challenges, you forget to appreciate the good things. You decide to feel proud of what you were able to do. You take a moment to appreciate everyone who has helped you, and to remember that you are part of something bigger than yourself. You feel ready to keep striving for excellence. You are back on track.

## Session 4

### Creating Gratitude

#### Your Inner Voice:

Are the following thoughts helpful or unhelpful in creating gratitude?



Your Gratitude Mentor

**Rosie MacLennan**

4x Olympian, Trampoline (W)

**There is always an upside**

Helpful

Unhelpful

**I don't like what I get**

Helpful

Unhelpful

**I deserve more**

Helpful

Unhelpful

**Nothing good happens to me**

Helpful

Unhelpful

**I am grateful for the opportunity**

Helpful

Unhelpful

**Why do they get everything?**

Helpful

Unhelpful

## Session 4

### Creating Gratitude

#### Helping your inner voice

Match each unhelpful thought with its more helpful version:

Nothing is going my way

I can't catch a break

I wanted something different

It's not fair



Your Gratitude Mentor

**Rosie MacLennan**

4x Olympian, Trampoline (W)

I can work with what I have

Success doesn't come from luck

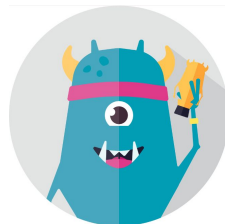
Fairness is something I can't control

Things will turn around if I'm patient



## Session 4

### Creating Gratitude



## Great work!

### Helping your inner voice

Lately, have your thoughts been more helpful or unhelpful?

Unhelpful

I don't know

Helpful

### Let's practice:

Practice your inner voice out loud. Record yourself saying these helpful thoughts:

**I am am grateful. I am thankful for everything in my life, both big and small. I appreciate the people who love and support me, the opportunities that come my way, and the simple pleasures that bring me joy. Focusing on gratitude helps me to stay positive and present in the moment. I know there is something to be thankful for, and I am grateful for everything.**

## Session 5

## Training Gratitude

Clear [HERE](#) for video

### Warming up your imagination

For each sense, close your eyes and take a moment to imagine...



Your Gratitude Mentor

**Rosie MacLennan**

4x Olympian, Trampoline (W)



Your favourite place

Not vivid at all

Sort of vivid

Extremely vivid



The sounds of an audience cheering

Not vivid at all

Sort of vivid

Extremely vivid



The taste of your favourite meal

Not vivid at all

Sort of vivid

Extremely vivid



The smell of your favourite meal

Not vivid at all

Sort of vivid

Extremely vivid



The feel of your sport equipment

Not vivid at all

Sort of vivid

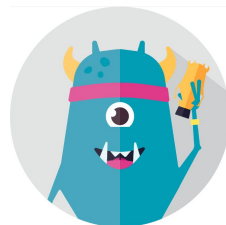
Extremely vivid



Think better. Feel better. Perform better.

Session 5

## Training Gratitude



# Great work!

### Reimagining your gratitude

Take a few seconds, close your eyes, and imagine a situation where you commonly feel a bit down, upset, or annoyed. Imagine acting with dedication in that situation. What would it look like, feel like, and sound like?

## Session 6

## Mindful Gratitude



Your Gratitude Mentor

**Rosie MacLennan**

4x Olympian, Trampoline (W)

Clear [HERE](#) for video

Take a moment to practice



Listen [HERE](#)



Think better. Feel better. Perform better.

Session 7

## Sustaining Gratitude

Clear [HERE](#) for video

### Gratitude

Write down anything you did, learned, or want to remember from the gratitude pack!



# Great work!