



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_zqLsqWbOW2EYehZsrOL3M-xODAMAg270/edit?usp=sharing

If you have any questions or need anything, please reach out to rosie@trainwave.app or kyle@trainwave.app!



Think better. Feel better. Perform better.

Weekly Plan



Sunday



Mood Check-In



Journaling



Training Journey

Monday



Breathing



Training Journey

Tuesday



Mood Check-In



Training Journey

Wednesday



Journaling



Training Journey

Thursday



Breathing



Training Journey

Friday



Breathing



Training Journey

Saturday



Training Journey



Think better. Feel better. Perform better.

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



Dedication

7 sessions | Miranda Ayim
Starting slide 118



Compassion

7 sessions | Dr. Kyle Paquette
Starting slide 86



Gratitude

7 sessions | Rosie MacLennan
Starting slide 134



Composure

7 sessions | Jon Thurston
Starting slide 102



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Think better. Feel better. Perform better.

Training Tools



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Think better. Feel better. Perform better.

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



Think better. Feel better. Perform better.



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



Level 2

5-minute session



Level 3

10-minute sessions

Click [HERE](#) for audio

Click [HERE](#) for audio

Click [HERE](#) for audio



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Let's Breathe!

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



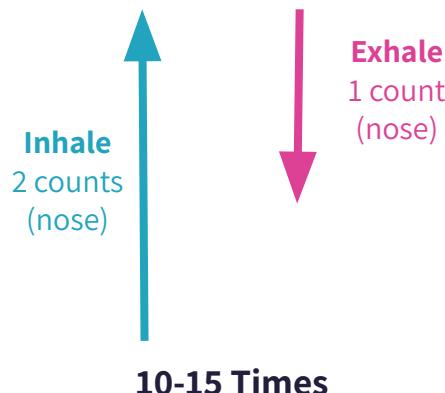
Breathing basics to energize: (Cyclic Hyperventilation)

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





Let's Breathe!

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



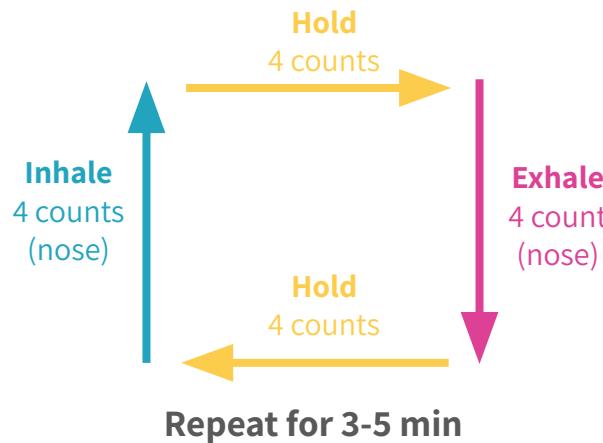
Breathing basics to relax:

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





Think better. Feel better. Perform better.



Let's Breathe!

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



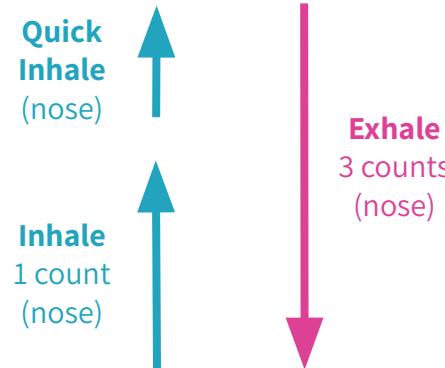
Breathing basics to relax- FAST!: (Psychological Sigh)

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



Repeat 2-3 Times



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Think better. Feel better. Perform better.

Journaling



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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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!



Think better. Feel better. Perform better.



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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:



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



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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!



Think better. Feel better. Perform better.



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Think better. Feel better. Perform better.

Mood Check-In



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



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?



Think better. Feel better. Perform better.



Mood Check-In

Let's dig a little deeper

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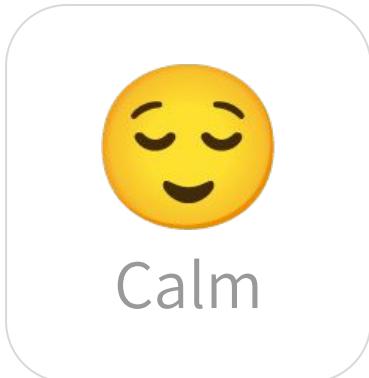
Think better. Feel better. Perform better.

Learning About Emotions



Mood Check-In

A bit about feeling...



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.

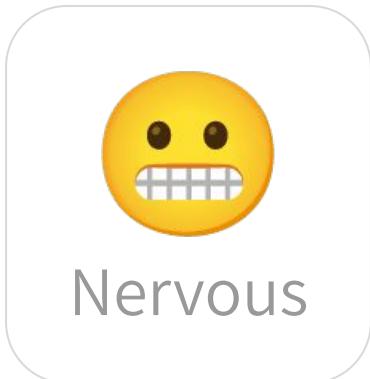
It can be harmful...

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...



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.

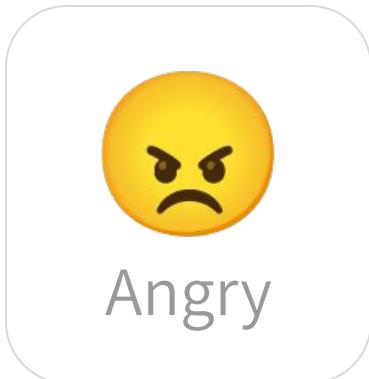
It can be harmful...

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...



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.



Think better. Feel better. Perform better.



Mood Check-In

A bit about feeling...



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.

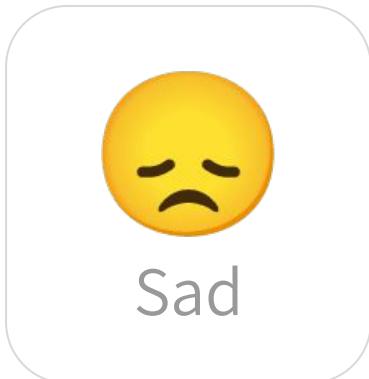
It can be harmful...

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...



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...



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.

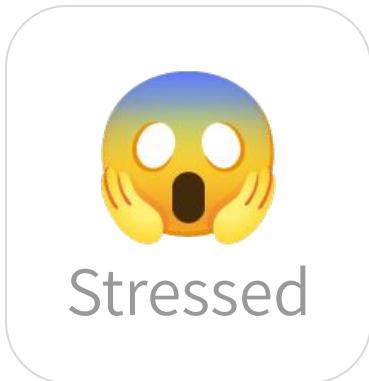


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Mood Check-In

A bit about feeling...



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.

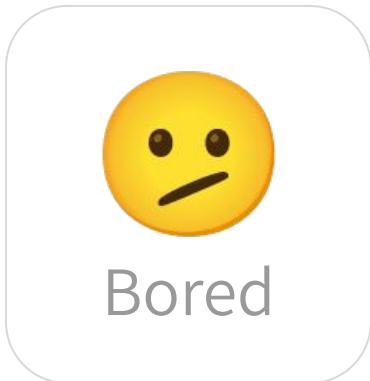
It can be harmful...

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...



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.



Think better. Feel better. Perform better.



Mood Check-In

A bit about feeling...



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.



Think better. Feel better. Perform better.



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...



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.



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Think better. Feel better. Perform better.

Training Journey



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Think better. Feel better. Perform better.

Courage



Think better. Feel better. Perform better.

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 2: [Understanding Courage](#)



Session 3: [Learning About Emotions](#)



Session 4: [Creating Courage](#)



Session 5: [Training Courage](#)



Session 6: [Mindfulness Courage](#)



Session 7: [Sustaining Courage](#)



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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



Think better. Feel better. Perform better.

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



Your courage Mentor
Nicholas Hoag
2x Olympian, Volleyball (M)

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).

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

What makes them courageous? Think of their actions and habits



Think better. Feel better. Perform better.

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)



Think better. Feel better. Perform better.

Session 3

Learning about emotions

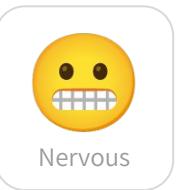


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Nicholas Hoag
2x Olympian, Volleyball (M)

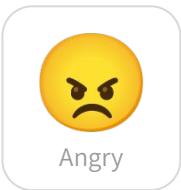
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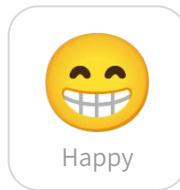
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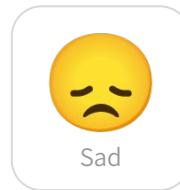
Nervous



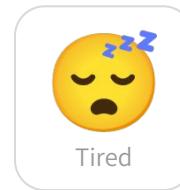
Angry



Happy



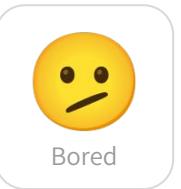
Sad



Tired



Stressed



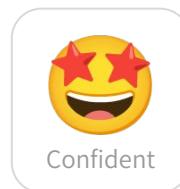
Bored



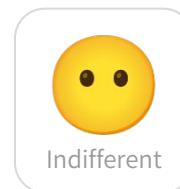
Grateful



Excited



Confident



Indifferent



Think better. Feel better. Perform better.

Session 4

Creating Courage

Clear [HERE](#) for video



Your courage Mentor
Nicholas Hoag
2x Olympian, Volleyball (M)

Your Inner Voice:

Imagine the following scenario:

🔊 Listen [HERE](#)

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.



Think better. Feel better. Perform better.

Session 4

Creating Courage



Your courage Mentor
Nicholas Hoag

2x Olympian, Volleyball (M)

Your Inner Voice:

Are the following thoughts helpful or unhelpful in creating courage?

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



Think better. Feel better. Perform better.

Session 4

Creating Courage

Helping your inner voice

Match each unhelpful thought with its more helpful version:



Your courage Mentor
Nicholas Hoag
2x Olympian, Volleyball (M)

What if I fail?

I'm too scared to try

I will get made fun of

This is so new to me

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.



Think better. Feel better. Perform better.

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?



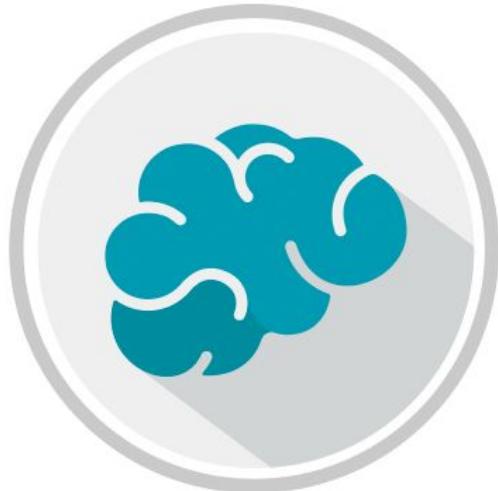
Think better. Feel better. Perform better.

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



Great work!

Courage is not the absence of fear. It's about facing fears and challenges with bold action.
Write down anything you did, learned, or want to remember from the courage pack!



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 an 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



Your compassion mentor
Dr. Kyle Paquette
6x Olympic and Paralympic MPC

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).

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



Think better. Feel better. Perform better.

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)



Think better. Feel better. Perform better.

Session 3

Learning About Emotions

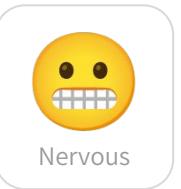


Your compassion mentor
Dr. Kyle Paquette
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Clear [HERE](#) for video



Calm



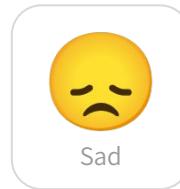
Nervous



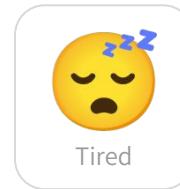
Angry



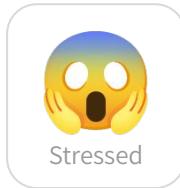
Happy



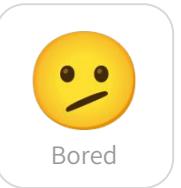
Sad



Tired



Stressed



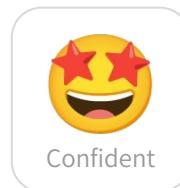
Bored



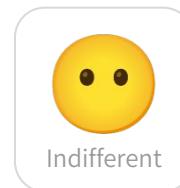
Grateful



Excited



Confident



Indifferent



Think better. Feel better. Perform better.

Session 4

Creating Compassion

Clear [HERE](#) for video



Your compassion mentor
Dr. Kyle Paquette
6x Olympic and Paralympic MPC

Your Inner Voice:

Imagine the following scenario:

🔊 Listen [HERE](#)

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 feel better and feel motivated to think about what you can do better next time. You are back on track.



Think better. Feel better. Perform better.

Session 4

Creating Compassion



Your compassion mentor

Dr. Kyle Paquette

6x Olympic and Paralympic MPC

Your Inner Voice:

Are the following thoughts helpful or unhelpful in creating compassion?

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



Think better. Feel better. Perform better.

Session 4

Creating Compassion



Your compassion mentor

Dr. Kyle Paquette

6x Olympic and Paralympic MPC

Helping your inner voice

Match each unhelpful thought with its more helpful version:

I'm not good enough

Even the best make mistakes

How could I mess that up?

I still belong here

I don't have what it takes

I am improving at my own pace

I let everyone down

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.



Think better. Feel better. Perform better.

Session 5

Training Compassion



Your compassion mentor

Dr. Kyle Paquette

6x Olympic and Paralympic MPC

Clear [HERE](#) for video

Warming up your imagination

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



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?



Think better. Feel better. Perform better.

Session 6

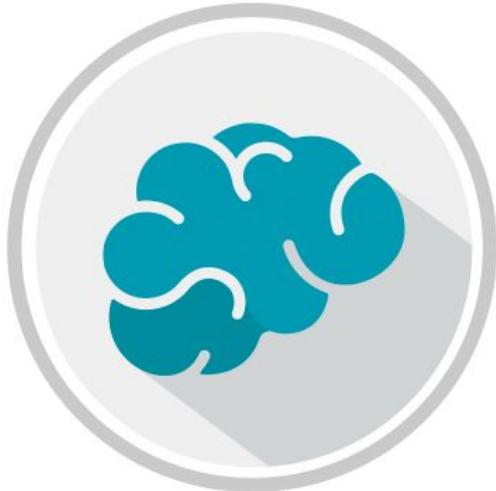
Mindful Compassion



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



Great work!

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!



trainwave

Think better. Feel better. Perform better.

Composure



Think better. Feel better. Perform better.

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](#)



Think better. Feel better. Perform better.

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.



Think better. Feel better. Perform better.

Session 2

Understanding Composure

Clear [HERE](#) for video

Spotting Composure

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



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)

What makes them composed? Think of their actions and habits



Think better. Feel better. Perform better.

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)



Think better. Feel better. Perform better.

Session 3

Learning About Emotions

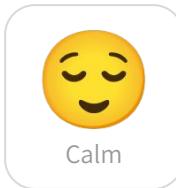


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Paralympian, Wheelchair Curling

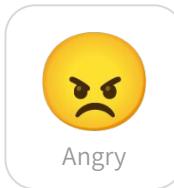
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Calm



Nervous



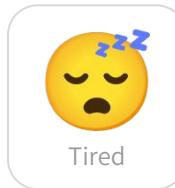
Angry



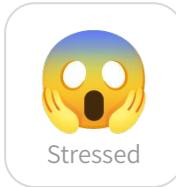
Happy



Sad



Tired



Stressed



Bored



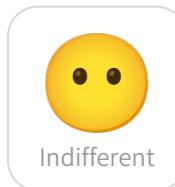
Grateful



Excited



Confident



Indifferent

Session 4

Creating Composure

Clear [HERE](#) for video



Your courage Mentor

Jon Thurston

Paralympian, Wheelchair Curling

Your Inner Voice:

Imagine the following scenario:

🔊 Listen [HERE](#)

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.



Think better. Feel better. Perform better.

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



Think better. Feel better. Perform better.

Session 4

Creating Composure



Your courage Mentor

Jon Thurston

Paralympian, Wheelchair Curling

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

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



Think better. Feel better. Perform better.

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?



Think better. Feel better. Perform better.

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



Great work!

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

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



trainwave

Think better. Feel better. Perform better.

Dedication



Think better. Feel better. Perform better.

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)

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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 dedicated 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

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Your Dedication Mentor

Miranda Ayim

3x Olympian, Basketball (W)

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).

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

What makes them dedicated? Think of their actions and habits



Think better. Feel better. Perform better.

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)



Think better. Feel better. Perform better.

Session 3

Learning About Emotions

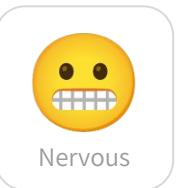


Your Dedication Mentor
Miranda Ayim
3x Olympian, Basketball (W)

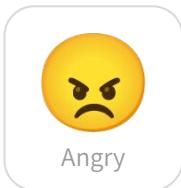
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Calm



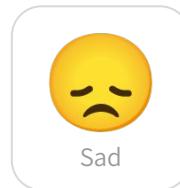
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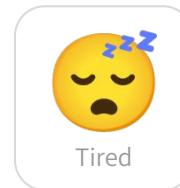
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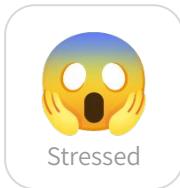
Happy



Sad



Tired



Stressed



Bored



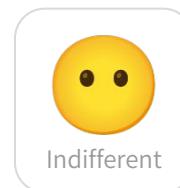
Grateful



Excited



Confident



Indifferent



Think better. Feel better. Perform better.

Session 4

Creating Dedication

Clear [HERE](#) for video



Your Dedication Mentor

Miranda Ayim

3x Olympian, Basketball (W)

Your Inner Voice:

Imagine the following scenario:

🔊 Listen [HERE](#)

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.



Think better. Feel better. Perform better.

Session 4

Creating Gratitude



Your Dedication Mentor

Miranda Ayim

3x Olympian, Basketball (W)

Your Inner Voice:

Are the following thoughts helpful or unhelpful in creating gratitude?

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



Think better. Feel better. Perform better.

Session 4

Creating Gratitude



Your Dedication Mentor
Miranda Ayim
3x Olympian, Basketball (W)

Helping your inner voice

Match each unhelpful thought with its more helpful version:

I'm not good at this

My progress is what matters

I want to give up

Hard things take time

This is too hard

I will keep trying

Everyone is better than me

I will get it eventually

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.



Think better. Feel better. Perform better.

Session 5

Training Dedication



Your Dedication Mentor
Miranda Ayim
3x Olympian, Basketball (W)

Clear [HERE](#) for video

Warming up your imagination

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



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?



Think better. Feel better. Perform better.

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



Great work!

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!



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 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 2: [Understanding Gratitude](#)



Session 3: [Learning About Emotions](#)



Session 4: [Creating Gratitude](#)



Session 5: [Training Gratitude](#)



Session 6: [Mindfulness Gratitude](#)



Session 7: [Sustaining Gratitude](#)



Think better. Feel better. Perform better.

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



Think better. Feel better. Perform better.

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.



Think better. Feel better. Perform better.

Session 2

Understanding Gratitude

Clear [HERE](#) for video



Your Gratitude Mentor

Rosie MacLennan

4x Olympian, Trampoline (W)

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).

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

What makes them grateful? Think of their actions and habits



Think better. Feel better. Perform better.

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)



Think better. Feel better. Perform better.

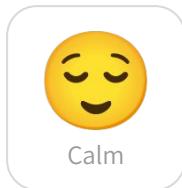
Session 3

Learning About Emotions

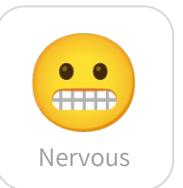


Your Gratitude Mentor
Rosie MacLennan
4x Olympian, Trampoline (W)

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Calm



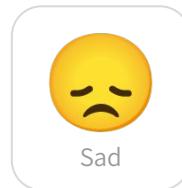
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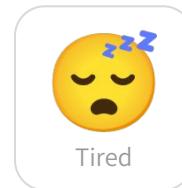
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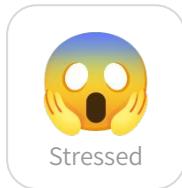
Happy



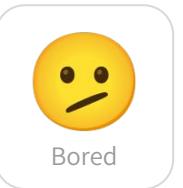
Sad



Tired



Stressed



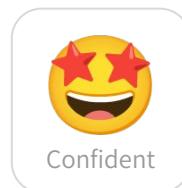
Bored



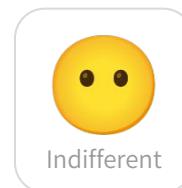
Grateful



Excited



Confident



Indifferent



Think better. Feel better. Perform better.

Session 4

Creating Gratitude

Clear [HERE](#) for video



Your Gratitude Mentor

Rosie MacLennan

4x Olympian, Trampoline (W)

Your Inner Voice:

Imagine the following scenario:

🔊 Listen [HERE](#)

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.



Think better. Feel better. Perform better.

Session 4

Creating Gratitude



Your Gratitude Mentor

Rosie MacLennan

4x Olympian, Trampoline (W)

Your Inner Voice:

Are the following thoughts helpful or unhelpful in creating gratitude?

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



Think better. Feel better. Perform better.

Session 4

Creating Gratitude



Your Gratitude Mentor

Rosie MacLennan

4x Olympian, Trampoline (W)

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

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 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.



Think better. Feel better. Perform better.

Session 5

Training Gratitude



Your Gratitude Mentor

Rosie MacLennan

4x Olympian, Trampoline (W)

Clear [HERE](#) for video

Warming up your imagination

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



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?



Think better. Feel better. Perform better.

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



Great work!

Gratitude

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