Pre Season Exercise

Directions:

- Read the Pre-Season chapter.
- In one or two paragraphs, write a short letter to your future self about your goals, plans, and expectations for the season. Please include any other thoughts, ideas, or comments you would like to share with your future self.
- Place your letter in an envelope.
- Give your letter to your coach for safe keeping.
- At the end of the season your coach will return your letter.

Presence of Mind Exercise

Directions:

- Read the chapter, Presence of Mind
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Solidarity Reflection

Directions:

- Read the chapter, Solidarity
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Mindfulness Exercise

Directions:

- Read the chapter, Mindfulness
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Love Exercise

Directions:

- Read the chapter, Love
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Collaboration Exercise

Directions:

- Read the chapter, Collaboration
- Cook a meal with your partner
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Self Compassion Exercise

Directions:

- Read the chapter, Self Compassion.
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Authenticity Parts 1 -3 Reflection

Directions:

- Read the chapter, Authenticity: parts 1 - 3.
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Collaboration Part 2 Reflection

Directions:

- Read Collaboration Part 2.
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Self Determination Reflection

Directions:

- Read the chapter, Self Determination.
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Leadership Reflection

Directions:

- Read the chapter, Leadership.
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Imagination Exercise

Directions:

- Read the chapter, Imagination.
- Use items found on the beach to create an art piece
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Reflection Parts 1 -4 OPTIONAL Reflection

Directions:

- Read the Reflection chapter: parts 1 - 4
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