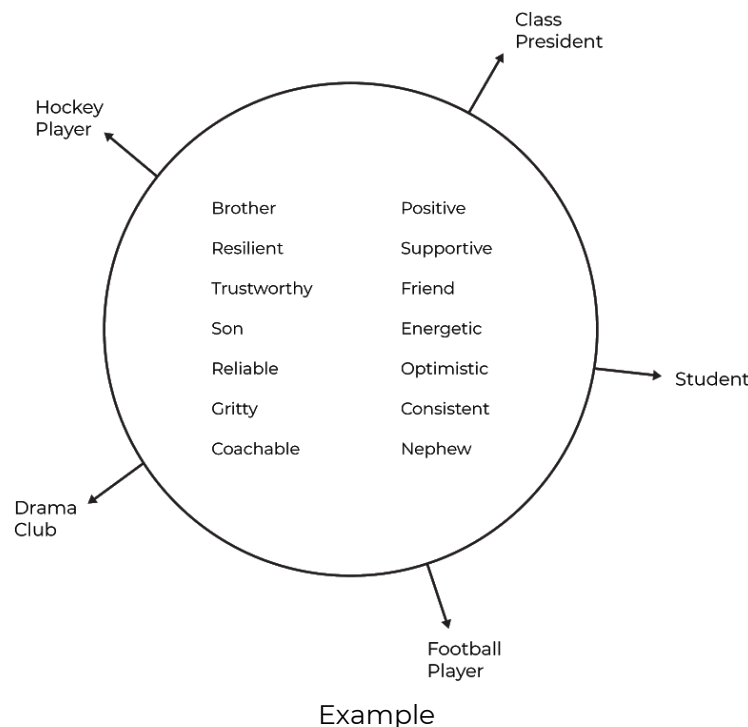
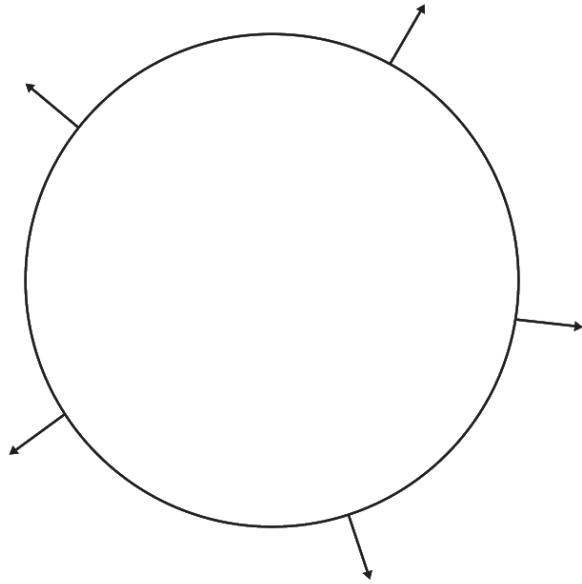


# Managing Pressure Assignment

## Exercise 1: Identify how who you are is different from what you do

1. Circle 10 Values (many players like the idea of circling 5 that are important in their relationships and 5 that seem particularly important to the way they want to be as a teammate/player).
2. Define each of those values – give it a clear definition. For example: *“Courage is taking risks and playing on my toes even if I am nervous”* or *“courage is doing the right thing and being consistent with my values even when I might get teased or ridiculed”*
3. Circle the roles that are important to your identity. Feel free to add your own. These are central to the core of who you are.
4. Write each of your identified values and each of your roles inside the circle below (circle your important life roles).
5. The write all of things you do outside the circle. You can even put an arrow to each of them.





Everything about your character, your role, the PERSON you are is in the circle. These are the most important things in your life. Everything outside the circle are things you do – they may or may not be important and do not determine who you are!

## **Exercise 2: Use *what you do* to become a better version of *who you are***

Identify a recent time in hockey when you faced adversity. Maybe you had a bad game, coach yelled at you, or you didn't get a lot of ice time.

Now, look at the values that you wrote inside your circle. How can this situation help you become stronger in that value?

For example, I made a terrible play and then coach sat me. If Player > person, then I feel discouraged, embarrassed, frustrated, and carry the game with me until I have a better game.

BUT...

I made a terrible play and then coach sat me. If my response is PERSON > player, now that situation can be reframed, repurposed, become an opportunity to grow as a person. One of my values is resilience; another is positive. By definition I need adversity to become more resilient (to push through hard moments and stick with it even when not going well). This is adversity I faced. Now, how I respond to sitting on the bench gives me a chance to build my resiliency and to practice being positive at tough moments. The actions and words I choose can help me build and live my values.

Oh yeah, the other thing is because I use this moment to practice my resiliency and positivity – those two improved values will help me play better too!



### **Exercise 3: Build your values**

Choose 2 values and develop a written plan to work on them this week. Be specific.

For example, if you choose “Hard Worker” then maybe you decide to stay on the ice after practice 3 days this week and work on protecting the puck in the corner.

If you choose “supportive” you might decide to pay attention each day to how your teammates are doing. Each day, see if you can identify someone having a hard time and find words and actions to support, encourage, and lift your teammate.

### **Exercise 4: Build your Values using your support people**

This is the same as exercise 3, but for 8 weeks you write down your 2 values to develop and give them to your support person at the beginning of the week (Monday). The two of you discuss them and your plan. The following Monday you review how you did, obstacles, successes, and the impact of your actions. Follow the same process.

