

DEFINING YOUR IDENTITY GUIDE



Who you are is different than what you do. You have many qualities and core values that, when you are at your best, guide the person you are. When you are moving closer to the values and acting and playing in ways consistent with those values – you are performing “Inside – out”; you are living strong character and focused on what matters most. When you are uncertain of these values you end up mindlessly reacting to emotions and thoughts instead mindfully making choices and engaging in behaviors that move you closer to your goals; you are performing outside – in...the situation is in control of your actions. **YOU WANT TO BE IN CONTROL.**

Your values become your foundation, your anchor; they clarify your purpose and keep you moving towards the most important parts of your life and your game. Knowing what is important to you and how you want to respond to challenges and adversity will help you make decisions on how to live, behave, train, play, and lead today.

Closely connected to who you are as a person, is who you are as a hockey player. These are your performance values: the type of teammate you are; the way you play in games; the way you approach your development and performance; your coachability; your preparation; your attitude; your mindset; your effort; and how you respond to adversity and setbacks.

Who you are (your personal values and performance values) should help direct your actions on a daily basis. These qualities and values guide you in the way you train, practice, develop; how you are in relationships with teammates, coaches, staff, family, and people in your life.

If you have strong values, they will help you consistently perform at your highest level – they also free you from a great deal of pressure. When you know who you are, and live your values on and off the ice, you are less impacted by the highs and lows of a game or season. You have a solid foundation and a healthy perspective. When you are not grounded by values, your mood and sense of self is dependent upon your performance on any given day. This creates too many highs and lows which in turn creates inconsistency.

- Players who see themselves as only a hockey player are defined by their results.
- Players who see themselves as a person first, who plays hockey, are defined by how they handle results and the way they live out their values.
- Both can love hockey the same amount and both can be highly dedicated to the game. But person-first will feel far less pressure, be more coachable, develop more effectively, develop more quickly, enjoy the game more, and ultimately perform better.

PERSON > player

Let's spend some time exploring and clarifying who you are knowing that it will allow you to be better at "what you do." Essentially, let's give serious thought to what do you want your life and hockey to be about.

The following pages provide a list of values that many players find helpful to get them started. You can certainly add your own. Read through the list a couple of times and then move to exercise 1.

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Relationship and Performance Values

Committed	Focused
Unselfish	Determined
Compassionate	Purposeful
Honest	Composed
Respectful	Poised
Supportive	Relentless
Appreciative	Passionate
Grateful	Accountable
Self-less	Responsible
Humble	Courageous
Patient	Resilient
Loyal	Gritty
Trustworthy	Confident
Trusting	Enthusiastic
Encouraging	High Energy
Socially Aware	Coachable
Caring	Disciplined
Enthusiastic	Motivated
Cooperative	Excited
Empathetic	Creative
Gracious	Growth Mindset focused
Forgiving	Curious
Courageous	Tenacious
Authentic	Consistent
Considerate	Learning
Determined	Enthusiastic
Faith/Faithful	Intense
Fair	Present
Reliable	Fully Engaged
Hardworking	Energy giving
Competitive	Effective Communicator (sharing and receiving)
Deliberate	
Optimistic	

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Examples of “Who I Am”

Family member
Friend
Son/Daughter
Niece/Nephew
Sibling
Cousin
Granddaughter/Grandson
Father/Mother
Spouse
Role Model
Boyfriend/Girlfriend

Examples of “What I Do”

Student
Employee
Volunteer
Reader
Video Gamer
Listen To Music
Coach
Referee
Hockey Player
Lacrosse Player
Traveler
Community Member
Club Member
