

STEP 3 - ASSIGNMENT 1



Complete the following, then, reflect on your answers and allow yourself to feel your belief about who you are as a hockey player! You can use more space than is provided on this worksheet.

1. What are your top strengths as a hockey player? List at least four.

2. What praise, words of wisdom, positive feedback, or compliments have others given you in hockey?

3. What personal successes or accomplishments have you had in hockey that you are most proud of?

4. How would you describe yourself as a hockey player to others, if you took the most positive stance possible?

5. What can you say about your training or work ethic that gives you confidence?
