

MY DRIVING FORCE

Sometimes it is easy to become so focused on what you're doing right now, you forget why the reasons why you do what you do. On those tough days when you are really stressed, look at this.

Level 1

The reasons

1. Freedom to express and have fun
2. Showcase my talent
3. To be a good role model to people with Diabetes
4. To show that Diabetes will not be a barrier for me in sport.
5. To be successful

Level 2 The behaviours

1. Let myself go on the pitch and play with a smile
2. Be mentally focused but try to not put so much pressure on myself
3. Keep honesty, integrity and realism at the heart of my involvement with TDFC and diabetes.
4. Set realistic and timely goals and commit to working hard to achieve them.
5. To give credit to myself for the things I have achieved by taking a little time to appreciate my progress. Then back to the grind.

The Mantra.

The point of the previous exercises was to get you to a place where you could develop your mantra. This is the phrase that you will tell yourself on the days that your journey feels stressful and difficult.

So, when times get hard remember to:

"To work hard, but enjoy and savour the achievements I make and the journey I go on."