



# RESILIENCE



## Develop positivity within your personality

Actively focussing on **positivity** becomes a **habit**;  
Be more **optimistic**, **competitive** and open to **new** things.  
Be **proactive** rather than reactive to instruction/command

## View decisions as active choices NOT sacrifice

Be in **control** of what you are doing and what you choose to do  
This helps to keep your **motivation** high during swim/S+C sessions  
If you **choose** to be here you need to **want** to be here!

## Identify your own motivation

Identify what is **important** to you within your swimming  
What will **motivate** you for the session ahead?  
What is it you want to **achieve** and **how** are you going to do it?  
These are things you need to **constantly** think about!!

## Outcomes are always successes or lessons!

The outcome of a race or a training session can always be categorised into  
**success** or **learning**

If something doesn't go quite how you wanted it to...**why**?  
Ask questions, get answers and then **WORK WORK WORK!!**

## Focus on your own journey

Don't spend time comparing yourself to others, it leads to unnecessary  
stress and the fear of 'failure'.

Your focus needs to be on **YOUR OWN** development  
Only you can determine your **rate** of progression

## Take responsibility

Take **ownership** over your **thoughts, feelings and actions**.  
Don't blame others for decisions you make or actions you take.

## Stay confident + robust

Find ways to make your confidence **stronger**...draw on past experiences,  
your **preparation, positivity and reassurance** from coaches/peers.  
Try not to let setbacks knock your confidence...they are **lessons!**

## Control the controllables

Do not focus on things you can't change  
This means focussing on the **process** not the outcome!!!