

THE COACH'S GUIDE TO TEAM JOURNALING

An Edge in Sports, A Habit For Life

JOURNALING IS A HABIT

Journaling is a daily habit that creates self-awareness. When an athlete is aware of their process (whether it is helpful or not), they are more able to change their behavior. Awareness leads to thoughts, thoughts lead to behavior, behavior leads to better systems and better systems lead to desired results.



JOURNALING HELPS CREATE OR REINFORCE TEAM VALUES

Knowing your teams cultural values will help you use your teams journaling time to reinforce those values. If you don't know your teams cultural values, you can use journaling as a tool to help you create them within your team..

JOURNALING CAN CREATE SAFETY AND TRUST WITHIN YOUR TEAM

Journaling creates trust when you respect your athletes' privacy. Trust is broken when a coach manipulates an athlete or any aspect of their game because of what is learned from their journals. Journaling is a tool to help your team connect and have safe conversations with teammates and coaches.



JOURNALING IS AN INDIVIDUAL PROCESS IN A TEAM SETTING

Coaches know: no two athletes are the same, no two seasons are the same and no two teams are the same from year to year. Journaling allows an individual athlete to process and prepare mentally for competition while simultaneously contributing to their teams culture and objectives as a whole.

