

Tips to hone your Self Reflection to support your progress in and out of sport!



Preamble

The following psychological resource for participants and athletes, has been developed by sport psychologist Fiona McCarthy on behalf of the NSW Office of Sport, as a key initiative of the NSW Government's Future Champions strategy.

For more information on Future Champions, please visit www.sport.nsw.gov.au/pathways-and-development

Getting to know the author

Fiona McCarthy is a registered psychologist, specialising in sport psychology and is a member of the Australian Psychological Society and the Australian College of Sport and Exercise Psychologists. Fiona owns and operates Mind and Body Balance, a business she established 25 years ago.

Fiona is the Hunter Academy of Sport, Sport Psychology Consultant and a New South Wales Institute of Sport, Sport Psychology Service Provider. Over the last twenty-

five years, Fiona has assisted many teams, athletes, parents and coaches in the areas of confidence, concentration, handling pressure, motivation, goal setting, time management, performance preparation and general well-being. Fiona has worked with numerous sports, assisting recreational level athletes to professional, international, Olympic and Paralympic level athletes, reach their full potential.



Background to these resources

The importance of having a mental 'tool kit' to support your learning, performance and engagement on and off the sporting field.

The following resources have been developed by Fiona McCarthy to assist athletes at all levels, in understanding the importance of having a suite of mental 'tools' at their disposal. These 'tools' are practical and multidimensional and will help athletes learn and develop the necessary mental skills they require to help them navigate their way through their sporting journey with a positive mindset and achieve success on and off the field.

It is well recognised that to reach the pinnacle within sport, an athlete needs a superior mindset consisting of strong and effective mental skills and strategies.

Importantly, mental skills are very intertwined and integrated, so it is recommended that you read about and put into regular practice, a number of these resources to strengthen the 'mental tools' in your kit bag!



Tips to hone your Self Reflection!

Do you use a **Self-Reflection journal** to write down your experiences and reflections after training or competition? It is a great way to learn.

In addition to your coach/mentor/parents giving you feedback, it's a great prompt for you to spend some time thinking about how you feel things went and what you could do next time.

It is up to you how often you want to write in your journal. You might use it during training blocks or after competitions.

Use the following questions to assist your self reflective process:

- Provide a description of what occurred.
- What were your thoughts and feelings before, during and afterwards?

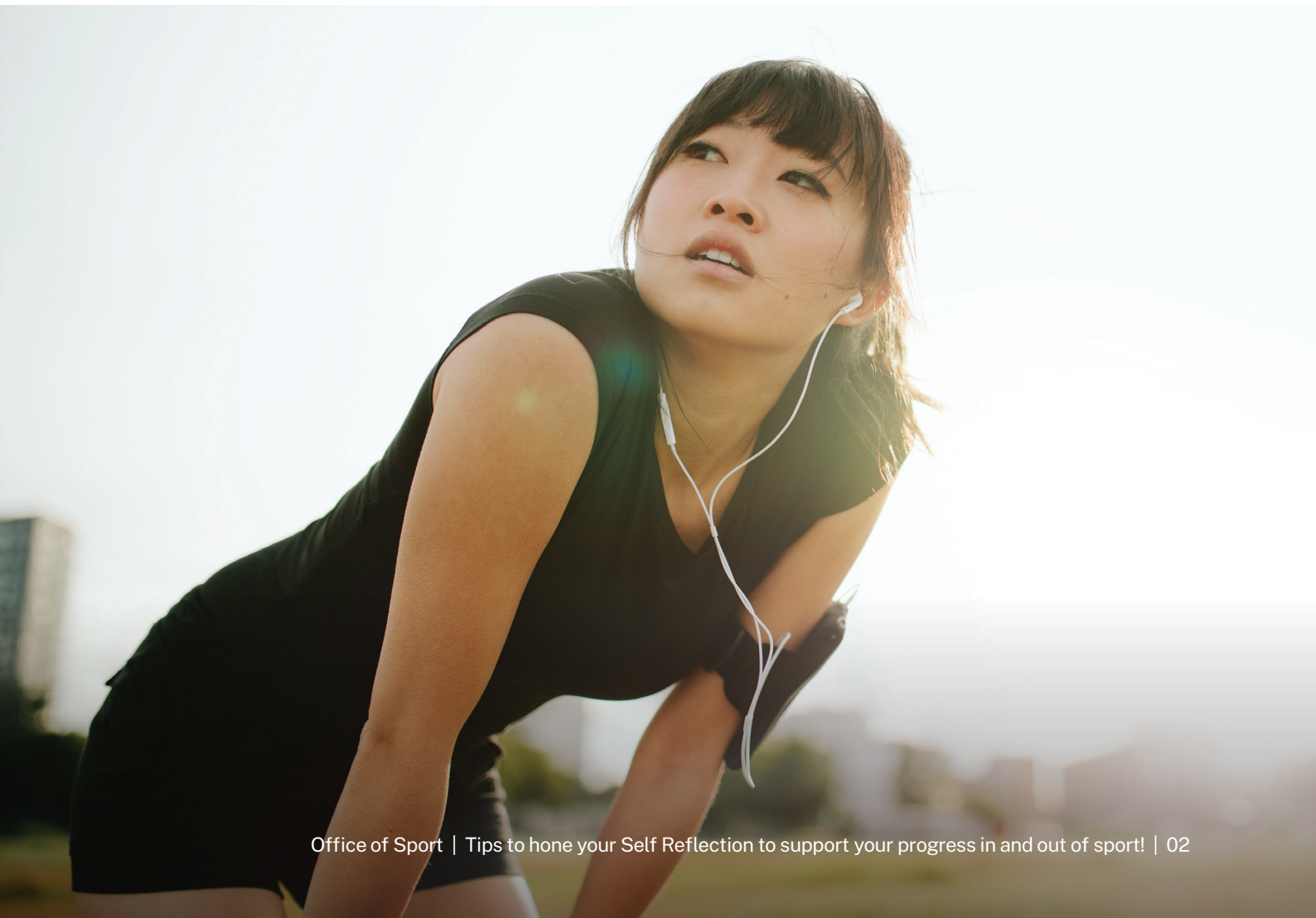
- What were your strengths?
- What are your areas for improvement?
- What did you learn?
- What will you adjust or trial in preparation for next time?
- How are you going to achieve this?

OR alternatively you could use the **self-reflection template** on the next page and put it on the FRIDGE at home or on your wall in your bedroom so you see it and it's front of mind!

After training, ask yourself these questions to stimulate your self-reflective processes.

The more you practice this line of questioning, the better you will be able to SELF REFLECT and it will become habit!

And the great news is that by developing this skill it will not only assist your learning and performance within sport but also assist your academic tasks and progress (e.g., preparation, performance and evaluation for assignments, exams etc) and your overall problem solving and self-management skills and strategies – important skills for life!



Self Reflection Loop

(Adapted from Gibbs Reflective Cycle)



We hope you liked our tips

Have FUN building your psychological skills and strategies and put them into practice in and out of sport!

Remember importantly, if you are unsure of any of these tips or require further advice, please talk to your Coach, Parent or consult a Sport Psychologist.

You might like to check out our NEW animated YouTube video, Developing your mental 'tool kit' to support you in and out of sport featured within the NSW Office of Sport's Pathways and Development webpages @ <https://www.sport.nsw.gov.au/pathways-and-development>.

Check out more tips for Participants @ <https://www.sport.nsw.gov.au/pathways-and-development/social-and-recreational-sport-participants>

And our tips for Emerging and High-Performance Athletes @ <https://www.sport.nsw.gov.au/pathways-and-development/emerging-athletes>



**Future Champions -
Developing your
mental 'tool kit' to
support you in and out
of sport.**

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