

# Staying Motivated

## Team Maidenhead



# - What's Your Vision?

What do you want to accomplish?

- Go to the Olympics
- Win medals at Counties/Regionals
- Anchor the squadron relay in Arena team
- Beat my Best Friend
- Keep Fit

List out all of the cool stuff that you want to do with the sport. Don't overthink it – dream away. Just make sure you write it down. Thoughts come and go, float away and get forgotten.

*- Put It Down On Paper.*

# - Write Down Your Goals For The Week

The idea of having your season end goal written down and posted up is a good one. But when you put something up on the wall it's not long until it fades into the rest of your room.

In addition to your season end goal, set goals and objectives for the week each Sunday night. Things you want to do within training.

Things you want to do on your own. Attendance targets. And so on. Having to continually and repeatedly do this will refresh your brain on your goals, and will provide you with immediate and meaningful targets to chase.

*- Consistency Is The Key*

# - Implement A Two Minute Goal

How many times have you delayed getting into the water, for fear of the big session ahead, with you simply not feeling it? Probably more times than you can count. But then what happened? You finally got in, took a few strokes, and soon enough you were mysteriously “feeling it.”

Simply starting something is often all we need to get into the groove of things. You can use this same topic elsewhere: with homework promise yourself that you will write for 5 minutes, and see where it goes.

Set your eyes on the (very manageable and not threatening) first couple minutes of your task, and things will roll from there.

*- Always Be The Hardest Worker In The Pool*

# - Keep A Logbook

There are loads of reasons to keep and maintain a logbook, and perhaps the most powerful of these is the jolt of motivation you get from writing out a GREAT session.

Consistently tracking your workouts also has the curious effect of keeping you on your toes during your session, the last thing you want to do is go home and write out that you had a woolly of a session in the water.

*- Keeping Track Of What Went Well Is Great But What Didn't Work Is Just As Important To Record*

# - Challenge Yourself Often

Staying within the comfort zone is a one way ticket to BORINGVILLE. Each day challenge yourself within training, there are fewer things more rewarding and more motivating than being able to say that you have done something for the very first time, or done something better than you ever have before.

*- How Have I Made Today BETTER Than Yesterday*

## - Surround Yourself With Positive People

Being surrounded by people who are constantly digging at one another (and you), complaining, and being otherwise annoying is a true distraction. Not only is their negativity infectious, but it takes your focus off of the things that matter.

Like your goals and FOCUS. Seek out swimmers and peers that have a positive outlook, and don't engage people who live to complain.

*- Ignore The Naysayers*

# -Link Up With Teammates

Partner up with teammates for the year and make each other “Training Buddies” aka “Accountability Buddies.”

Decide you will be there for each other during those early mornings, be willing to to keep on each other when the other slides, and to relentlessly and enthusiastically cheer for one another during tough training sessions.

*- Lift Them Up And They Will Do The Same -  
Team Maidenhead*

# - Catch Up On Your Sleep

This don't mean -

*(“But mom, coach said that I need to sleep more, so I should probably sleep in until 1pm tomorrow...”)*

Ever notice how hard it is to get going when you are a big old sleepy-face? Of course you have. What you may not notice is that your willpower feels weakened when you are in a snoozy state. Consistency is the key to keeping your cognitive functions at their best.

*- Sort Yourself A Time Table And Stick To It.*

# - Develop Positives From Your Setbacks

We get way too bent out of shape when things don't go our way.

We take it personal, get down on ourselves, and lose any hope for finding a way forward.

Instead, the next time something happens to knock you off your butt, sit down and write out three positive things that will come out of this disaster. It will get you refocused and re-motivated quickly and abruptly.

*- Focus On The Things That Will Move You Forward*

# - Finish What You Start

There are fewer things more crushing to a swimmer's confidence and motivation than not completing what they set out to do.

When you tell yourself that you are going to complete a session, finish a cycle of training, or complete a team commitment, hold yourself to it.

The moment that you loose or break that your word is worth next to nothing.

*- Make The Plan And Stick To It*

# - Acknowledge And Enjoy The Wins

All too often we see an athlete downplay the awesome performance they put down in the pool.

They will shrug off a great workout and find something negative to say about it,

*“Yeah, but I don’t swim like that all of the time...”*

Enjoy the wins, you deserve it. Make sure that you reward yourself for when you SMASH IT.

*- Be Humble, Be Hungry*

# - Elevate Your Definition Of Hard Work

We all think that we know what hard work is, but there will always be someone out there who is doing it harder and better.

[Michael Phelps](#) didn't take a single day off for nearly *five years* in the lead up to the Beijing Olympics. Christmas? Yup. Birthdays? Yup.

His coach, Bob Bowman, lived by a philosophy of creating an environment for Phelps where he would do what no one else would. Will you?

- *No Pain, No Glory*

# - Have A Trigger

Create a set of cues that you start before your session, or before your main set, or whenever else you need a rapid-fire dose of intense motivation.

The trigger can be a few different things, including a physical action (like slapping your chest and quads), to unleashing a epic mantra like (“No Pain, No Glory”).

This is important, because once you do it enough times it’s like you have trained yourself to unleash awesome. You’ll start the cues, and then your body will simply take over.

*- Motivation Gets You Going, Discipline Keeps You Going*

## - Stay Positive In The Middle Of The Storm

The next time you have a negative thought, recognise it, say HELLO and then promptly wish it a happy day and say -GOODBYE.

By being conscious of those negative thoughts, and then dismissing them will do wonders to keep you in a more positive, motivated state of mind.

*- Remember Why You Started*

## - Find Some Greats To Look Up To

Having heroes is essential. You need people to look up to, whether it's the truly great, record-setting swimmers of the world or just your own coaches, mentors and teammates.

Watch how they work and graft, and listen to their advice.

- No Matter Where You Get To Your Always Learning, Observing, Adapting Ready To Overcome Any Obstacle

When You Are Told “You  
Cant Withstand The  
Storm”

Simply Reply “I Am The  
Storm”

Team

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