

# Taking Ownership

## Creating winning habits

1. What are the 'basics' you have to get right to be a successful athlete? Complete the boxes.

WHAT ARE THE BASIC  
WINNING HABITS TOP  
ATHLETES HAVE TO BE  
SUCCESSFUL?

WHICH BASIC  
WINNING HABITS  
DO I ALREADY USE  
WELL?

WHICH BASIC WINNING  
HABITS COULD I ADD IN  
FOR NOW AND IN THE  
FUTURE?

2. How can you take ownership? Whose responsibility is it to..

- WATCH THIS VIDEO AND DO THE ACTIVITIES?
- REACH OUT TO COACHES/PARENTS IF I HAVE QUESTIONS OR NEED SUPPORT?
- FIND OUT HOW I CAN GO THE EXTRA STEP?
- REFLECT ON HOW I CAN IMPROVE?
- BE CREATIVE ABOUT TRAINING OPTIONS?
- SEEK OUT OPPORTUNITIES?
- REACH MY GOALS AND FULL POTENTIAL?

HINT:  
Answers  
are all  
'mine!'

