



CARRIDE CONVERSATIONS

SEEING IS BELIEVING

Overview: In anticipation of the holiday spirit and Christmas magic, let's talk about what the phrase "seeing is believing" actually means. First, this is always my favorite time of year: the warmth of the season, the beautiful lights, quality time with family and friends, yet, in the midst of all the hustle and bustle, the constant "go and perform" mentality, this is a reminder to be kind to yourself, and to stay connected to your values and your process.

The time of year when college decisions are being made, the recruiting process is winding down, school is in high demand, you may find your athletes getting overwhelmed, feeling self-doubt and a little stressed out.

By focusing our own values and process, it reminds us that we each are unique in our own abilities of what we take into the world, into our performances. This is a reminder to settle into the very presence of what you do and remember the joy in it, rather than just doing the work.

THE PROCESS

"SEEING IS BELIEVING, BUT SOMETIMES THE MOST REAL THINGS IN THE WORLD ARE THE THINGS WE CAN'T SEE."
-THE POLAR EXPRESS

The concept "Seeing is believing" suggests that people are influenced and motivated by deeply held beliefs and values. When those beliefs and values are lost, athletes tend to get lost too. This concept can be useful to prepare to help you and your athlete respond to forthcoming change, unexpected outcomes and strengthen your ability to adapt.

When in doubt, when in question of your abilities when lost in your thoughts, and not engaging in the present moment, when frustrated or angry, when your not performing at your potential, remember to **be, see, feel and create**.

TOOLS AND TIPS

The lessons we take from the holiday season:

1. **Be.** Pause and Breathe. Remember your why, regroup in values, and believe.
2. **See.** We don't see things as they are but as we are. Take a moment and gain perspective. What is holding your attention?, 'What are you not noticing?'
3. **Feel.** Examine your emotions and objectively create new meaning in the moment. Feelings suggest that we experience the present through the prism of the past. Focus on the present. Forget the past.
4. **Create.** Create opportunities that represent your values outside of performance and bring joy to your life. Create the belief within your performance.

...for the car ride home

Check out our winter sports schedules here!

Save the date:

6 March
Spring Sports Begin

14 August
Fall '23 Sports Begin