

Touch the Dream

First time? Start with #1. Returning? Begin with the **Check-In**.

1. The Athlete I'm Becoming

Who do I want to be? What traits define me?

2. If I Were Already That Athlete Today...

What would I be doing right now—training, recovery, mindset, planning?

3. My Aligned Actions

Choose 1–3 to commit to for the next 2–4 weeks

1.

2.

3.

Check-In (After 2–4 Weeks)

What felt right? What will I keep or adjust next time?
