



The Elemental Athlete Ascension Me Game PlayBook

Projections.

The fears.

The desires.

Is there one that is more toxic?

**Toxic for the soul that wants to live
without a rutter of fear?**

**A rutter of fear guiding every word,
thought and action, walking on self-imposed eggshells.**

**Fear is the most toxic of all the feelings,
If...IF left unfiltered, unchecked or appraised.**

**Fear can be dressed in a cloak -
not having an opinion or a thought, being confused,
not knowing what to do, uncertainty, worry,
sharp communication, or taking everything personally.**

**What you are afraid, worried, or distracted about
may have some merit, some truth,
for it has happened before,
you have witnessed it, or have or know
another that has experienced it.**

What is true must be considered and understood.

What is not, all in an exhale, must be filtered and removed.

Brandy Osborne



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**What is a fear or distraction you are aware of for this upcoming season?
(from travel, to team dynamics, new coach, your mental emotion
game, anything...)**

**Is this a true fear or distraction from experiences you have had or what
you know about yourself?**

**How will you navigate it? Mentally, Physically, Energetically, Emotionally,
Spiritually and Soulfully?**

**What is not true about this fear or distraction? Don't spend too much
time here; just be aware of the stories you tell yourself that are old or
unhelpful.**

What are your goals for this season?

**What are the 1-3 values that will help you attain them with daily
devoted action?**



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How will you use these values to optimize your performance in the following arena's?

At home arena:

One the road arena (traveling, hotel room, etc)

School or self-discovery studies arena? (books, podcasts, youtube, etc)

Gym arena?

Practice arena?

Game after game arena?

When the game of life gets challenging, or you don't feel inspired, what routines, habits, beliefs, behaviours, and rituals will keep you on track?

How can you build these into your day-to-day, especially when you are on the road? Or don't have time (how will you adapt them)? Think of the hardest times. What is your rut/habit going to be to peace and stability?



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Why do you love hockey? Love your position?

Spend time really considering this, from the moment you enter the rink to the staff, to the players, to all the experiences you get to have, to how you are able to inspire the younger generations, to how you get to be a friend, an ally, a teammate... What ignites that little boy inside that ABSOLUTELY LOVES THE GAME? (Use the statement I love.....)

Type this into the notes section of your phone, take a snapshot of it, and use it as a screen saver as you need it to remind you, day after day, after day, of why you love the game.

This will help you focus on the things that matter and the reason why. This will help you play, practice, and enjoy the game you get to play, especially in the hardest of times.