



Improving Motivation & Consistency in Your Athletic Training



A Mental Skills Workbook for Athletes & Performers



Hi, I'm Demi Agaiiby -
a Mental Performance Consultant & founding
director of Beyond Horizons Performance
(BHP). Through BHP, I'm committed to
embedding psychological skills training and
mental wellness across athletic and artistic
spaces.

Let's build confidence, mental toughness, and resilience together!



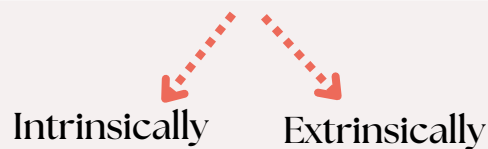
Is motivation a mental skill that you have 24/7? Definitely not! You're not always going to feel 100% motivated. If that's the case, how can we ensure that we're showing up to our commitments wholeheartedly? It's all about cultivating strong intrinsic and extrinsic motivations and being aware of your tendencies or habits. Lucky for you, this workbook is designed to help you with that.



What is Motivation?

We can understand motivation to be the reasons that people act or behave in a certain way; in other words, motivation is understanding why you show up!

There are 2 ways we can be motivated:



Intrinsic Motivation is a reason that comes from within yourself.

EXAMPLE pure enjoyment/interest, self-improvement

Intrinsic motivation is:

- In your control
- Reliable
- Extremely Personal

Extrinsic Motivation is a reason that comes from outside of yourself.

EXAMPLE winning, awards, praise/compliments, uniforms/gear

Extrinsic motivation is:

- Out of your control
- Unreliable
- Inconsistent



While it's important to be motivated by as many different factors as possible, we want to make sure that a majority of our motivations are intrinsic (internal).

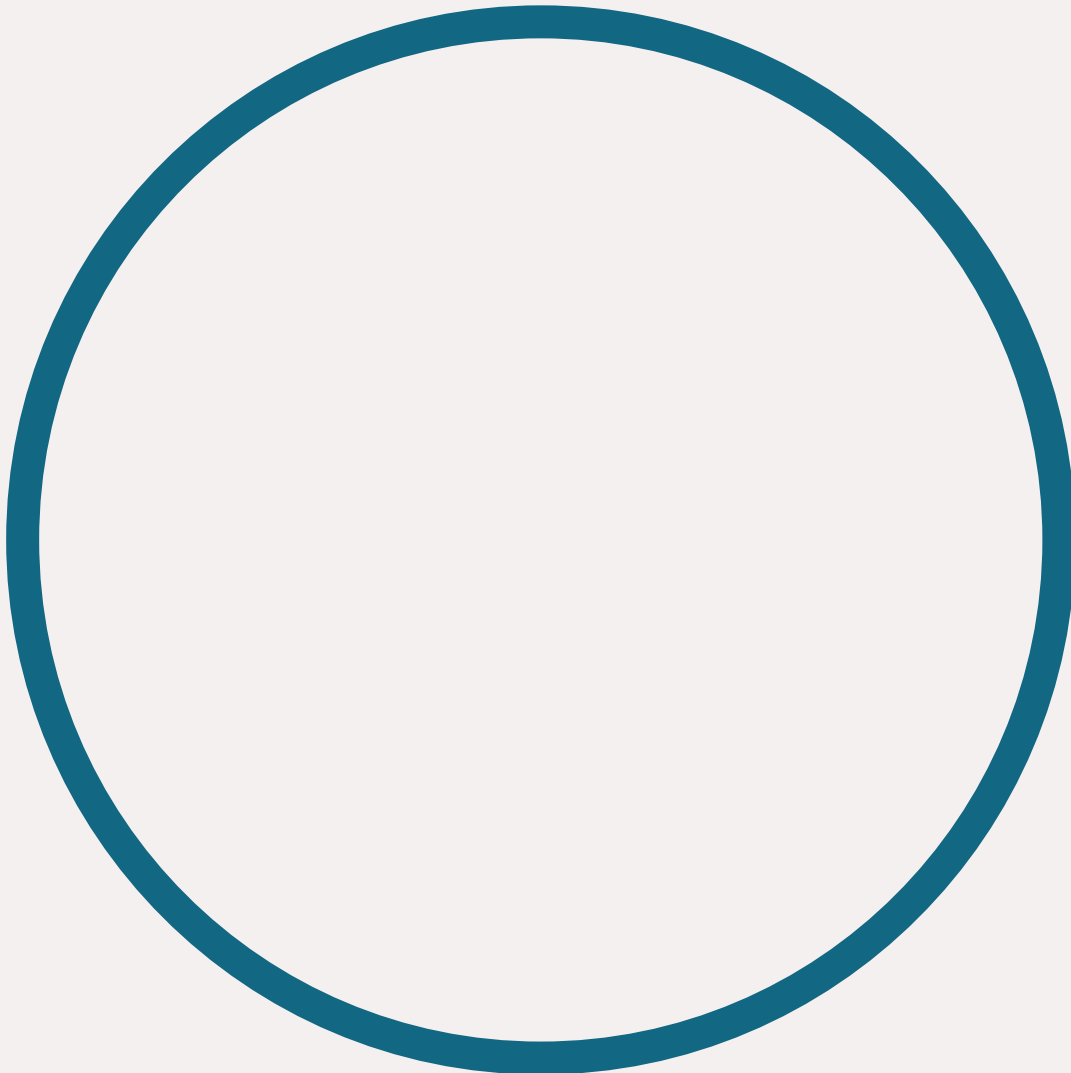
What are you motivated by?

List all the various reasons you're committed to your sport/performance craft.



Now, let's determine which are intrinsic and extrinsic!

Using the circle below, write your intrinsic motivations **inside** the circle and your extrinsic motivations **outside** the circle.



Based on your reflections above, do you have more intrinsic factors, extrinsic factors, or a stable balance?



NO JUDGEMENT ZONE!

Use this information as data to adjust and add where needed!

Since we know that motivation tends to fluctuate, let's help you notice your personal trends.



In what situations do you feel the most motivated? List them below.



In what moments/situations do you feel less motivated? List them below.



Motivation will come & go, but it should never be the reason we don't show up and try our best. Remember, consistency is the name of the game (even when you don't "feel" like it)

Did you find this helpful?

Schedule your free discovery call [HERE](#) to dive more into how you can manage your performance anxiety & rise to any occasion that comes your way!

Performers on the Rise Podcast



@beyondhorizonsperformance

