



Human First, Athlete Second: How to Build Your Identity Beyond Sport & Performance



A Mental Skills Workbook for
Athletes & Performers



Hi, I'm Demi Agaiby -
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!



At a certain age, you were probably encouraged to choose a specific sport or performance craft to focus on. While this decision presents an amazing opportunity for individuals to hone in on their craft, it has the potential for individuals to revolve their world and identity around sport/performance; this can have some massive unintended consequences. In this workbook, you'll learn how to expand your identity so that you can continue to remain dedicated to sport while nurturing other parts of who you are.



Have you ever heard (or said) the phrase,



“Sport is my life.”

“I don’t know what I’d do without [insert sport/performance craft here].”



These are examples of having a “high athletic identity”

Athletic identity is the amount or degree to which an athlete revolves their world, significance, and worth around sport/performance.

Athletic identity is experienced on a spectrum:

Low athletic identity

- » Involved in additional hobbies/interests
- » Does not connect their worth or significance to how well they execute/perform.



High athletic identity

- » Not involved in additional hobbies/interests.
- » Higher risk for burnout, injury and difficult post-sport transition.

On a scale from 1 (low athletic identity) to 10 (high athletic identity), where do you lie?



Struggling with this question? Consider this:

If your sport/performance craft was suddenly removed from your life, how drastically would your life and sense of self be impacted?

Sport and performance can still be an integral part of your life without it being the entire narrative. This is what we call:

“Multidimensional” Identity

meaning that there are many dimensions or aspects to who you are, including your:

» **Traits/Characteristics**

Ex: Creative, Adventurous, Compassionate, etc.

» **Interests**

Ex: Fictional Novels, Writing, Women's Sports, Painting, etc.

» **Roles**

Ex: Teammate, Daughter/Son, Student, Sister/Brother, etc.

Fill the space below with different components of your identity. What makes you, you?



Identity is just one part of your “internal compass”. Your values and goals also help direct you throughout life.

VALUES

are concepts that you strongly believe in and are invested in.

Our goal is to ensure that our behavior and actions are aligned with our values. Any discrepancies could lead to demotivation, high stress, and general unenjoyment.

Complete this values sort activity by clicking [here](#) or visiting this link:

<https://www.think2perform.com/values/#start>



Once you've finished the sorting exercise, write down your top 5 results below.



Your values are bound to change as you evolve and go through life. Be sure to re-visit your values often and account for any changes.

The final part of your internal compass is your goals. Having clear goals allows you to direct your actions toward what you want to achieve and experience.

What would it look like to create a life that you love?



Reflect on goals that you have for different parts of your life. These can also be interests or desires.



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!

