

WORKSHEET IV-1.

Coach Pete's Guidelines for Tennis Season Journaling

The purpose of keeping a journal is to help you visualize several things that help you focus and build your positive approach to the game, for example:

- What your goals are
- What you're learning
- What challenges you face
- What you're grateful for
- How you're being a great teammate

Journaling is about these five bullets, not about winning and losing. (You can journal about your matches, too, but keep it positive about what you liked and what to work on, as opposed to focusing on whether you won or lost.)

Directions

Based on your answers to the Overall Tennis/Pickleball Strengths Assessment (Worksheet V-1) and the Tennis/Pickleball Mental and Emotional Strengths Self-Assessment (Worksheet V-2), complete the following:

- List no more than three goals you have for this season, or for the next two to three months:

- They can be on areas you need to develop (e.g., getting better at things that aren't strengths yet), or they can be your strengths (getting even better at things you're already relatively good at).
- Make sure the goals are about improving, not about the outcome of winning. Examples of goals that are inappropriate are things like being the #1 doubles team, making the varsity team, getting trophies, or other external rewards. While those may be fine as VISIONS or DREAMS, they are not appropriate as goals. Among the examples of better goals are: get 25 percent more first serves in, get faster with your racquet on your second serves, get more confident that you can come back when you're down in the score, learn the backhand slice, be more assertive at net or NVZ, get 5 percent more dinks over the net, etc.
- Let your coach or pro know what your three goals are so they can better understand your basic objectives as a player.

What to Write in Your Journal

Every Day:

- One to three things for which you're grateful, whether in tennis or pickleball or outside of the game (do this exercise before practice or lessons).

- What your goal or focus is for practice or lessons that particular day.
- One to three things you learned this day, whether in tennis or pickleball or outside of the game (after practice or lessons).

At Least Once a Week, More Often If You Like:

- What did you learn this week that helps with your goals, or something else you learned?
- What challenges did you face this week in pursuing your tennis goals? What did you/can you do to deal with that challenge? OR, how did you meet/overcome any other challenge in your life this week?
- What did you do/are you doing this week to be a great teammate?

WORKSHEET IV-2.

Tennis/Pickleball Journal Template

Note: These journal notes are for YOU, not your coach or pro. Be honest, be real, and have fun with it! And read your journal notes often. Doing so will help keep you focused and positive about your tennis/pickleball journey!

Your goals for the season/next two to three months (emphasize the process and the performance goals more than the outcome goals):

- _____

- _____

- _____

Complete Every Day:

	Today, You Are Grateful For	Today's Lesson/ Practice Goal/Focus Is	Today, You Learned
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Complete Every Week:

• This week, you learned _____

• This week, you were challenged by...and you did this about it: _____

• This week, examples of why you were a great teammate include _____

