

ATHLETE WORKBOOK

MILOS PAVLICEVIC

ATHLETE / LEGACY

INTRODUCTION

NOW WHAT?

THE TIME FOLLOWING RETIREMENT FROM SPORTS COMPETITION, IS A CHALLENGING ONE FOR THE PROFESSIONAL ATHLETE. IT IS A TIME OF CHANGES, WITH A NEW WAY OF LIFE EMERGING.

IT IS A PROCESS THAT CAN TAKE SOME TIME. IT IS ALSO A PROCESS FOR WHICH MOST ATHLETES ARE NOT PREPARED. DURING THE SPORTS CAREER, THERE IS USUALLY NO INFORMATION PROVIDED TO THE ATHLETE, ON WHAT COMES NEXT IN THEIR LIFE, AFTER RETIREMENT. THE FEELING IS AS IF THE ATHLETE IS ONLY VALID AS LONG AS THEY ARE ACTIVE.

THIS COURSE AND WORKBOOK AIMS TO PROVIDE IMPORTANT AND USEFUL INFORMATION ON DEALING WITH ALL THE PRACTICAL AND PSYCHOLOGICAL CHALLENGES THAT COME WITH THIS GREAT CHANGE IN LIFE. HERE, YOU WILL FIND TOOLS I USED - AND STILL USE- WHICH HELPED ME BALANCE EVERYTHING THAT WAS GOING ON AFTER TRANSITIONING FROM AN 18-YEAR LONG CAREER, INTO LIFE AFTER COMPETITION. LOOK AT IT AS A SIMPLE PEN AND PAPER PLAYBOOK TO USE.

ALWAYS KEEP THIS IN MIND:
YOU ARE NOT ALONE!

MILOŠ PAVLICEVIC



Athlete Legacy

ABOUT THE PAST

CHECKLIST

REMEMBER THE 3 MOST IMPORTANT MOMENTS IN YOUR SPORTS JOURNEY.
CAN BE ANYTHING, POSITIVE OR NEGATIVE.THINK-REMEMBER.

MOMENTS

- _____
- _____
- _____

WHY WERE THEY IMPORTANT?

- _____
- _____
- _____

WHAT DID I LEARN?

- _____
- _____
- _____

HOW DID IT CHANGE ME?

- _____
- _____
- _____

FUTURE GOALS

WHEN SETTING GOALS, MAKE SURE TO ANSWER THE QUESTIONS
BELOW TO CREATE THEM.

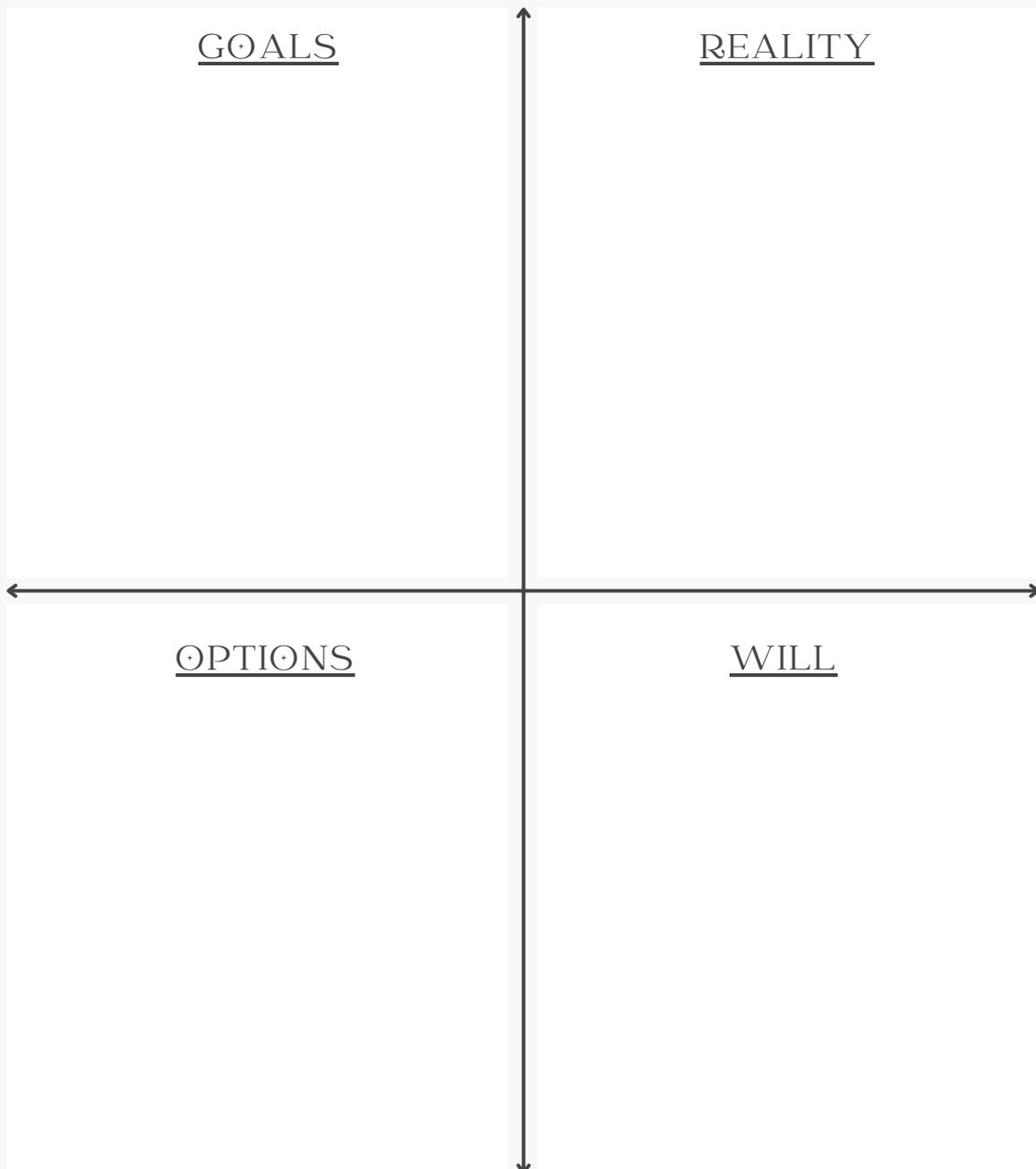
M	<p><u>MOTIVES</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p>	
I	<p><u>IMPACT</u></p> <p>HOW WILL IT IMPACT ME AND OTHERS?</p>	
S	<p><u>STRATEGY</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
O	<p><u>OBSTACLES</u></p> <p>WHAT ARE THEY AND HOW DO I OVERCOME THEM?</p>	
P	<p><u>PROGRESS</u></p> <p>HOW AM I DOING?</p>	

FUTURE

GROW

AFTER STRATEGIZING THE GOALS, NOW BE SPECIFIC ABOUT WHAT THE GOALS ARE, WHAT TOOLS-SKILLS YOU HAVE NOW TO GET THEM, OPTIONS FOR ACHIEVING AND THE WAY YOU WILL COMMIT TO ALL THE STEPS.

GET CREATIVE AND START ASKING QUESTIONS!



RELATIONSHIPS

GRATITUDE LIST

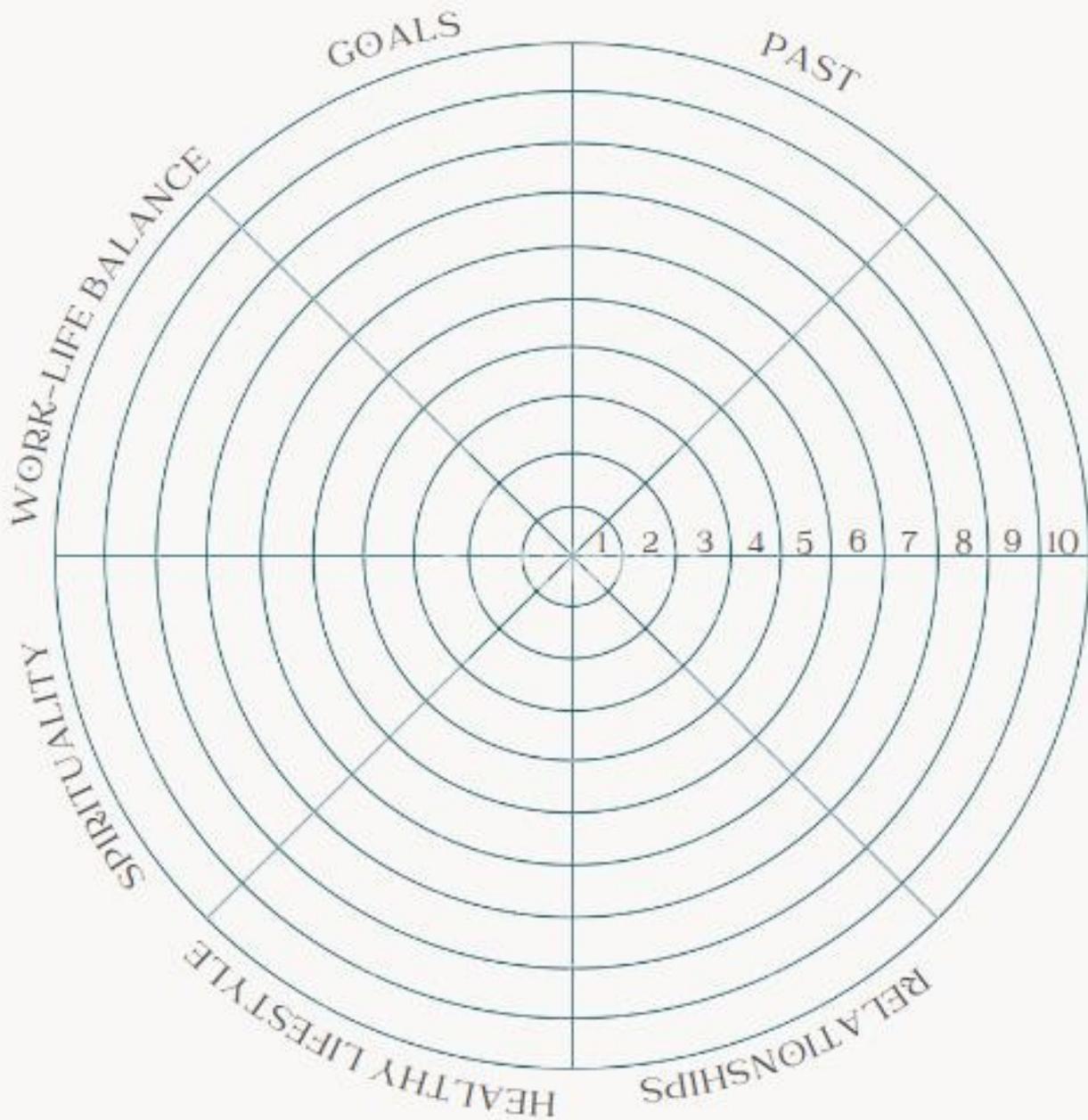
WRITE DOWN THE NAMES OF ALL THE PEOPLE YOU ARE GRATEFUL TO.
IN ANY SHAPE AN FORM.
WHY DO YOU WANT TO THANK THEM FOR? GET IN TOUCH AND
EXPRESS YOUR GRATITUDE. WHEN DONE, TICK THE FIELD.

NAME	REASON	DONE
		<input type="radio"/>

BALANCE IN

LIFE

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHERE YOU ARE AND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 6 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10. 1 BEING THE LEAST AND 10 THE BEST.



3 STEP

PROCESS

MINDSET ONE

YOU ARE NOT ALONE. THERE IS ALWAYS SOMEONE WHO CAN MOTIVATE AND HELP. IT CAN BE ANYONE. ALL ATHLETES RETIRING GO THROUGH RELEVANT PROCEDURES. SOME MAY NOT SHOW IT, OTHERS DO. HAVE FAITH AND

STEP TWO

REACH OUT. SOMEBODY MAY HAVE THE SOLUTIONS BUT IF NOBODY KNOWS YOU ARE ASKING FOR THEM, THEN YOU WILL NOT RECEIVE IT. NOTHING TO BE ASHAMED OF. SOMEONE HAS ALREADY WALKED ON THE SAME PATH YOU ARE ON.

CONCLUSION THREE

YOU HAVE GONE FULL CIRCLE. FROM BUILDING YOURSELF TO RE-INVENTING A NEW SELF NOW. THAT IS ONE OF THE GIFTS OF BEING AN ATHLETE, THAT YOU GET TO ALWAYS EVOLVE AS A PERSONALITY. YOU ARE A MULTIDIMENSIONAL SKILL-MACHINE. BELIEVE.