

Client ID	
Date	

## WExceLLence Worksheet

*WExceLLence* is a way of approaching life that is characterised by making choices that create opportunities to simultaneously enhance sporting performance and emotional wellbeing.

This a resource for helping athletes to explore values and actions that are consistent with a commitment to *WExceLLence*.

The *WExceLLence* Worksheet should be completed on a regular basis to review progress and re-visit the prioritisation of values as circumstances change. To assist the completion of the worksheet, a list of example values is provided at the end of this document.

### Question 1

- A Please identify some values (i.e. guiding principles, life directions) that you believe are important for moving towards *WExceLLence* (Please write it in the box below.). **Underline one value that you wish to focus on at this time.**

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- B Please indicate why you believe that this value is important (Please write it in the box below.)

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- C Over what time have you been aware that this value is important? (Please tick one box below.)

	Under one month		Between one and three months		Over three months but under one year		One to five years		Over five years	
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	

- D How much have your choices been guided by this value over the last week? (Please tick one box below.)

	0	1	2	3	4	5	
Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Very much

## Question 2

A What things can you achieve (i.e. goals) in the coming weeks that would allow you to see that you are making progress towards this value?

B Which of these goals do you wish to prioritise?

## Question 3

A How challenging do you think it will be to achieve this goal in the weeks ahead? *(Please tick one box below.)*

	0		1		2		3		4		5	
Not at all challenging	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	Very challenging

B How confident are you that you can achieve this goal?

	0		1		2		3		4		5	
Not very confident	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	Very confident

C What barriers (e.g. thoughts, feelings, resource availability, communication problems, negative impacts on wellbeing) might get in the way of you achieving this goal? *(Please tick one box below.)*

D How might these barriers be negotiated? Who can help with this? *(Please tick one box below.)*

#### Question 4

What *Being Open*, *Being Present* and/or *Doing What Matters* strategies will you focus on to commit to achieving this goal in the coming week?

Strategies to use	When and where will you practice it? (time/location)	What can support this practice? (e.g. mobile phone reminders, mp4 files, apps, scripts)	Who can be an ally in supporting you to do this practice? (e.g. coach, teammate, training partner, friend)
Defusion			
Mindfulness Practice			
Dropping Anchor			
Reviewing S.M.A.R.T. goal progress			
T.E.A.M B.U.S.			
Journaling			
Reviewing 'Values' playlist			
Other (specify)			

Achieving things	Developing skills	Maximising financial security
Acquiring knowledge and wisdom	Discovering new things	Nurturing others
Being an inspiration to others	Doing meaningful work	Demonstrating originality
Being authentic/true to oneself	Doing things ethically	Personal development
Being decisive	Educating others	Persisting and persevering
Being effective	Engaging in creative activity	Planning things
Being efficient/managing time	Enhancing reputation	Practicing religion and spirituality
Being flexible/open to change	Entertaining others	Promoting equality and fairness
Being good company for others	Establishing stability	Promoting harmony
Being humorous	Exhibiting strength and power	Promoting inner harmony
Being inclusive of diversity	Experiencing excitement	Promoting to peace
Being organised	Experiencing exhilaration	Protecting one's privacy
Being selfless	Experiencing variety	Rising to challenges
Being respectful	Expressing care and affection	Seeking adventure
Building a better society	Expressing sexuality	Seeking consensus
Building awareness	Fulfilling responsibility	Seeking fame and celebrity*
Building community and connection	Getting close to nature	Seeking pleasure
Building cooperation	Having a good imagination	Serving others
Building family	Having a sense of freedom	Showing commitment to a cause
Building friendship	Having autonomy and independence	Showing honesty and integrity
Building strong relationships	Having fun	Showing kindness to others
Building unity & team spirit	Having good morals	Showing kindness to self
Building wealth	Having success	Showing leadership
Competing with others	Helping others	Showing loyalty
Communicating effectively	Improving oneself	Showing mastery
Demonstrating competence	Looking after emotional wellbeing	Showing resilience
Demonstrating excellence	Looking after physical health/wellbeing	Showing self-respect
Demonstrating good grace	Looking after the environment	Showing tolerance
Demonstrating leadership	Making a difference	Trying new things
Demonstrating passion	Managing safety and security	Valuing others' opinions
Demonstrating tenderness		Working hard