

ENCOURAGING BALANCE



VOLLEYBALLBC

ENJOY THE FEELING YOU GET WHEN YOU DO SOMETHING THAT ISN'T VOLLEYBALL - EXPLORE THIS AREA WITH CURIOSITY VS. JUDGEMENT!

3 THINGS TO TRY THIS MONTH

1 _____

2 _____

3 _____

NOTES:

STEP OUTSIDE YOUR COMFORT ZONE!

REMEMBER: IT'S IMPORTANT TO FIND OTHER THINGS TO ENJOY OUTSIDE OF YOUR SPORT EXPERIENCE!

- EXPLORE NON-SPORT INTERESTS
- LEARN OTHER NON-SPORT SKILLS
- SPEND TIME OUTDOORS IN NATURE
- CONNECT WITH YOUR FRIENDS
- HELP OTHERS
- BE A VOLUNTEER
- DEVELOP YOUR CREATIVE SIDE
- JOIN A SCHOOL/COMMUNITY CLUB

ACTIVITIES I'D LIKE TO TRY:

VARIED INTERESTS CAN BE FUN AND CAN HELP PREVENT BURNOUT!