



## **FOOTBALL RESILIENCE TOOLKIT**

### **Your personal Growth Playbook**

#### **1. Spot the Setback**

Think of a tough football moment. Write it down.

What happened?

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How did I feel?

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#### **2. Learn from It**

Every setback = feedback.

What lesson can I take from this?

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What will I do differently next time?

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#### **3. My Comeback Statement**

Write 1 powerful sentence you'll remind yourself of when things get hard:

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#### **4. Control the Controllables**

List 3 things you can ALWAYS control in a game:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### **5. Daily Mental Training (Circle One to Start Today )**

- Visualization (2 min seeing yourself succeed)
- Positive Self-Talk ("I've trained for this, I'm ready.")
- Breathing Reset (3 deep breaths before kick-off/set-pieces)
- Reflection Journal (1 win + 1 improvement after training)

#### **6. Celebrate Progress**

Write ONE resilience win you're proud of:

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#### *Final Reminder*

Every setback is a setup for a comeback.

The strongest footballers aren't the ones who never fail—they're the ones who keep getting back up