



**“CHARACTER IS WHO YOU  
ARE UNDER PRESSURE,  
NOT WHO YOU ARE WHEN  
EVERYTHING’S FINE”**



COMPETE  
**well**

# BOREDOM

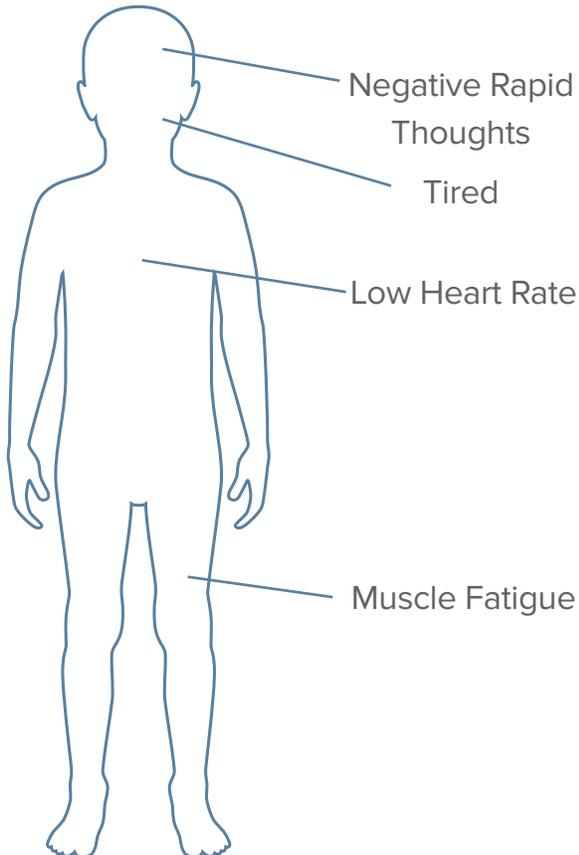
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## A RESISTANCE TO YOUR REALITY

 <p>YOU <b>CANNOT</b> PLAY ORGANIZED SPORTS</p>	 <p>YOU <b>CANNOT</b> COMPETE AGAINST OPPONENTS</p>
 <p>YOU <b>CANNOT</b> SOCIALIZE IN PERSON WITH YOUR TEAMMATES/FRIENDS</p>	 <p>YOU LIVE AT HOME</p>

### INTERNAL STATE

### FEELINGS



Miserable



Angry



Anxious



Frustrated



Alienated



Withdrawn

# INTEREST

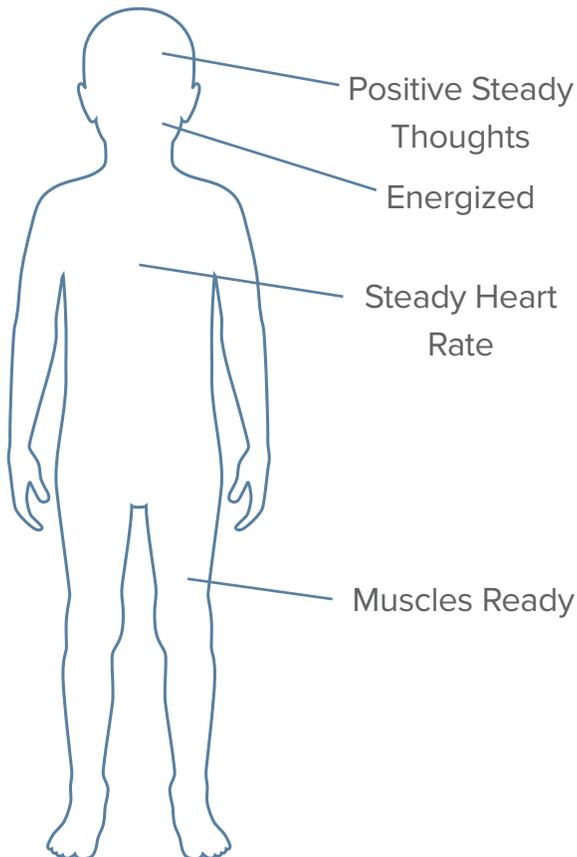
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## WANTING TO KNOW OR LEARN

 <p>WHAT DO YOU ENJOY?</p>	 <p>WHAT DO YOU WANT TO ACHIEVE?</p>
 <p>WHAT DO YOU WANT TO LEARN?</p>	 <p>CREATIVITY</p>

### INTERNAL STATE

### FEELINGS



Excited



Happy



Curious



Satisfied



Determined



Confident



## FACING BOREDOM

So accustomed to school, practices, homework, and various other scheduled activities, the pandemic has caused many of you to experience an unpleasant feeling of boredom. The thought, “I have nothing to do” re-cycles through your mind, leaving you even more restless and unmotivated. So, I wondered, what is boredom? By definition, I found that it’s a feeling you get when you’re not interested in your surroundings. Which to me, means that it’s the body’s way of saying, you’re resisting your present reality. And if you can recall from Packet 1.0, the key to coping with our life changes is ACCEPTANCE – which is the opposite of resistance. It’s completely understandable and normal that you just want to see your friends, play your sport, and compete. And at some point, you will. But for now, our goal is to live in the moment, stay connected, learn, and grow. To help you make this shift, consider the opposite of boredom – INTEREST. In this activity you will explore ideas that can ignite this feeling of interest and bring you additional emotions like excitement, joy, determination, and satisfaction, etc. If you can connect well with your interests, you will start to see your boredom fade away and you may even experience a spark of creativity!



- Assess how interested you have been lately.
- Using the scale below, color the dial to match your level of interest. (The less you color, the more bored you are feeling)
- Identify what you enjoy, want to learn, and want to achieve.
- Determine what you will do to put your interests into action.

## ASSESS YOURSELF



BORED

INTERESTED

# WHAT DO YOU...



ENJOY?



WANT TO LEARN?



WANT TO ACHIEVE?

# WHAT WILL YOU DO?





I know I can't be something 100% of the time, but I can improve my character traits by \_\_\_\_\_

*actions that you can do during the pandemic*

Knowing that my character is being revealed each day makes me feel \_\_\_\_\_  
😊 emotion(s)

## MY CHARACTER TRAITS

ACCEPTING	ENTHUSIASTIC	INTUITIVE	REALISTIC
ATHLETIC	FLEXIBLE	KIND	RELAXED
AWARE	FOCUSED	LISTENER	RELIABLE
BALANCED	FORGIVING	LOYAL	RESILIENT
BRAVE	FRIENDLY	MATURE	RESPECTFUL
CHEERFUL	GENEROUS	MODEST	RESPONSIBLE
COMMITTED	GOOFY	MOTIVATED	SELF-DIRECTED
COMPETITIVE	GRATEFUL	NURTURING	SELFLESS
CONFIDENT	HARDWORKING	OPEN MINDED	SENSITIVE
COOPERATIVE	HELPFUL	OPTIMISTIC	SERIOUS
COURTEOUS	HONEST	ORGANIZED	SKILLED
CREATIVE	HUMBLE	PASSIONATE	SMART
DECISIVE	INDEPENDENT	PATIENT	STRONG
DETERMINED	INNOVATIVE	PERCEPTIVE	THOUGHTFUL
DOWN TO EARTH	INSIGHTFUL	PERSISTENT	TOLERANT
DRIVEN	INTELLIGENT	POSITIVE	TOUGH
		PRACTICAL	TRUSTING

# MY CHARACTER TEST



As you've learned in Activity 2.2, your character is being revealed each and every day. Especially in the challenging days of the pandemic. In fact, you can think of this situation as a test of character. Why a test? Because many of you are feeling bored, stressed, or overwhelmed at this time, which makes it difficult to demonstrate positive traits. It's also a test because you have control over your choices in behavior. It's your choice to wake up, complete your work and chores, participate in video calls, train on your own, and try new things, etc. And these choices may not come easily, but they're within your control and they reveal your character. To help encourage you, consider this question. Will you return to your sport stronger than when you left? Think about your traits as an athlete, which ones will help you excel during this pandemic? Maybe you want to strengthen your hard work, dedication, and optimism or develop your acceptance, courage, patience, and resilience. And since we're all in this situation together, how do you think others will be impacted by your behaviors? By completing this activity, you may notice that your choice to strengthen and reveal positive character traits has the power to lead others in the same direction. So, if you're having trouble doing this for yourself, then do it for your teammates, friends, family, coach, or anyone else who may be watching. You never know how much your actions may truly inspire others.



- Read each statement and identify the emotion(s) you felt while performing that action.
- Determine which character trait(s) was being revealed or challenged during each situation.
- Consider which emotion(s) others may be feeling in each situation.

1. 😊 I felt \_\_\_\_\_ , when I connected with teammates and friends through video calls.

Which character trait(s) was being revealed or challenged in this situation?	😊 Which emotion(s) do your teammates and friends feel when they connect with you?
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2. 😊 I felt \_\_\_\_\_ , when I trained on my own and shared it with others.

<p>Which character trait(s) was being revealed or challenged in this situation?</p>	<p>😊 Which emotion(s) do you think others feel when you share your training?</p>
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3. 😊 I felt \_\_\_\_\_ , when I built, created, or tried something new and shared it with others.

<p>Which character trait(s) was being revealed or challenged in this situation?</p>	<p>😊 Which emotion(s) do you think others feel when they connect with you?</p>
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4. 😊 I felt \_\_\_\_\_ , when I spent quality time with my family.

<p>Which character trait(s) was being revealed or challenged in this situation?</p>	<p>😊 Which emotion(s) do you think your family members feel when they connect with you?</p>
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5. 😊 I felt \_\_\_\_\_ , when I completed a task, assignment, or exercise that was given to me.

<p>Which character trait(s) was being revealed or challenged in this situation?</p>	<p>😊 What emotion(s) does your instructor feels about your progress or achievement?</p>
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6. 😊 I felt \_\_\_\_\_, when I applied self-care to my daily routine with breathing, gratitude journal, exercise or something else.

Which character trait(s) was being revealed or challenged in this situation?	😊 Which emotion(s) do you think others around you feel as a result of your self-care?
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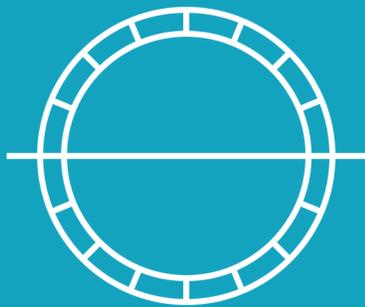
7. 😊 I felt \_\_\_\_\_, when \_\_\_\_\_

Which character trait(s) was being revealed or challenged in this situation?	😊 Which emotions does the others feel in this situation?
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## MY EMOTIONS

							
Negative	Annoyed	Frustrated	Angry	Confused	Anxious	Paranoid	Cautious
							
Shocked	Frightened	Fearful	Hopeful	Excited	Happy	Peaceful	Optimistic
							
Satisfied	Disgusted	Hostile	Sad	Disappointed	Discouraged	Miserable	Depressed
							
Hurt	Lonely	Alienated	Withdrawn	Aggressive	Confident	Proud	Bored

*I WANT,  
I WILL,  
I CAN,  
I AM.*



COMPETE  
**well**

[www.Compete-Well.com](http://www.Compete-Well.com)

Compete Well's new book "Own Who You Are" is a brain training workbook for all performers age 12 and up. Spearheaded by Certified Mental Performance Consultant, Amanda Ferranti, she has teamed up with a coach, an educator, and a school counselor to create this foundations workbook. Sport Psychology forms the framework that drives the strategic activities within these pages, which have been systematically laid out to foster a growth mindset, strengthen self-esteem, and ultimately enhance your performance outcomes.

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