

How to Develop Commitment:

The following things will help you strengthen your commitment to becoming a great player. Make the decision to:

1. Commit 100% to doing all that you can do to become a great soccer player – all in!
2. Commit fully to the team’s goals - to the mission.
3. Commit to giving 100% effort on every play.
4. Commit to getting every 50 – 50 ball.
5. Commit to reflection and self-regulation.

Corresponding Behaviors That Lead to Developing Commitment

Positive Character Strength	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Overall Score
Commitment								
1. I show commitment by being present and ready in all practices and games (all in!)								
2. I show commitment by putting the team’s goals first and being unselfish in my play.								

Rate yourself every day for both of the behaviors for Commitment. 5 means you did really well and a 1 means that you just need to work harder on that behavior. Rate yourself with the most appropriate number.

SCALE

- 1 = Very much unlike me
- 2 = Unlike me
- 3 = Somewhat like me
- 4 = Like me
- 5 = Very much like me

Self-Reflection

How did it go?
What went well?
What do you need to improve?