

## Worksheet 2: *Are Champions born or made?*

My Initial thoughts

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Create a mind map on characteristics and/or skills of a champion.

**Champions**

For each of the ideas rate yourself out of 5 (1 being a characteristic or skill that you have and 5 being one that you do not feel you possess).

What characteristics or skills could you develop and how?

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# Olympics Unleashed Student Workbook

## Worksheet 1A: *Olympics Unleashed – Challenge Me*

Athlete Name: \_\_\_\_\_

Sport: \_\_\_\_\_

What were some of the key messages delivered by the Olympics Unleashed athlete? What were the main points that resonated with you?

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What challenges did the Olympics Unleashed athlete share during their presentation? How did they meet these challenges? What techniques could you apply to your challenges?

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What is your definition of resilience? How do you show resilience? How can you apply these to challenging situations?

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- What is the purpose of setting goals to pursue their passion?
- What techniques of goal setting have the students tried? What worked well? What didn't work so well?

## Worksheet 1C: My Challenge

Think of a challenge you have faced in the past and how you approached it.

Rate your challenge from 1 being extremely challenging to 5 being not so challenging.

Questions	My challenge
What is a challenge you faced in the past?	
How did you approach this challenge?	
What were some of the strengths you demonstrated?	
What could you have done better in approaching this challenge?	
What are some of the strategies you tried that were not successful?	
What are some of the barriers to facing this challenge?	
Who could have helped you?	
What advice would you give to others?	
Rating	