

INSTRUCTIONS for WIN THE WEEK



Win the Week pages are meant to be completed on Sunday. We want you to view this as a chance to prepare for the week ahead, and also reflect on the previous week.

WEEKLY QUOTE

The *Win the Day* team will provide a quote each week that we feel will help inspire and motivate you. Be sure to read the quote and spend time thinking about how it may apply to you, your schoolwork, and your sport.

WORD OF THE WEEK

The "Word of the Week" can be chosen by you or your team. Choosing a word to focus on all week helps keep you on track. Pick a word that you can really be intentional about this week. Examples included in the appendix.

QUOTE REFLECTION

Take a few moments to journal about what the weekly quote means to you and how it applies to your team.

WORD OF THE WEEK REFLECTION

Why did you or your team choose that word? When you understand the reason you picked it, you are more likely to act on it.

READING OR LISTENING

Record any books you are reading or podcasts you are listening to this week that will help you succeed. Book and podcast recommendations included in the appendix.

WEEKLY PLANNER

Use this section to write down any important assignments, appointments, games, family or social commitments you have to help structure your week.

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WEEKLY REFLECTION

This is a chance to look back on your previous week. What did you do well according to your daily sheets? In what areas can you improve?

WEEKLY GOALS

These can be academic goals or athletic goals. Try to list 2-3 each week. Examples of weekly goals included in the appendix.

PERSONAL SEASON GOALS

Writing down your personal goals has been shown to be a highly productive tool. In this space, record specific and measurable goals for yourself. You can always change your goals. Examples of personal season goals included in the appendix.

TEAM SEASON GOALS

Writing down your team goal or goals is important as well. Make sure your goals are measurable and specific. Examples of team season goals included in the appendix.

GRADE CHECK-IN

This is a spot for you to check your current grades in all of your classes. If you stay on top of your grades, you can spend more time focusing on improving at your sport.

NOTES

Use the weekly note section to write down anything pertaining to your grades. Have makeup work to do from a game day? Have an extra credit opportunity? Record those things here.