

**Special Olympics**  
Alberta



SOA #ReachYourPeakab

November 2020



*Embrace life with direction and magnitude*



# WHO AM I?



## I'm Jodi Flanagan!

I've been a volunteer with SOA for 30 years, starting off as a figure skating coach in Calgary and these days spending lots of time with Coach development and Provincial Games/ Team support.

Vector Life Coaching is my business and I love to work with athletes and teams to help facilitate their true potential!

My aim, over the next few weeks, is to ask you to explore the confidence that lies within you and let it show in all of your endeavours!

I hope you enjoy our next few weeks together!!



Yes! I did it!

I will do it

I can do it

I'll try to do it

How do I do it?

I want to do it

I can't do it

I won't do it

**LOOK WHAT CAN I DO  
WHEN I BELIEVE.....**

# SECTION #1



**Being  
True  
to  
Yourself**



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# WHO ARE YOU?



Check off all the things that apply to you? Add more as you like.

Athlete

Coach

Volunteer

Son

Daughter

Student

Worker

Friend

Husband

Wife

Sister

Brother

Runner

Swimmer

Fitness fanatic

Artist

Dancer

Computer whiz

Game player

Hiker

Outdoors person

Introvert

Extrovert

Leader

Optimist

People person

Enjoy Quiet

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# What Does Success Mean to You?



“ YOU WILL BE A SUCCESS  
AS SOON AS YOU  
**DEFINE**  
WHAT SUCCESS MEANS TO  
**YOU** ”

-jasmine star

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# WHY DO YOU PARTICIPATE IN SOA



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# SECTION #2



B E L I E V E



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# Limiting Beliefs = Disappointing Results



**Belief:** I'm not good enough

**Thoughts:** I can't do that

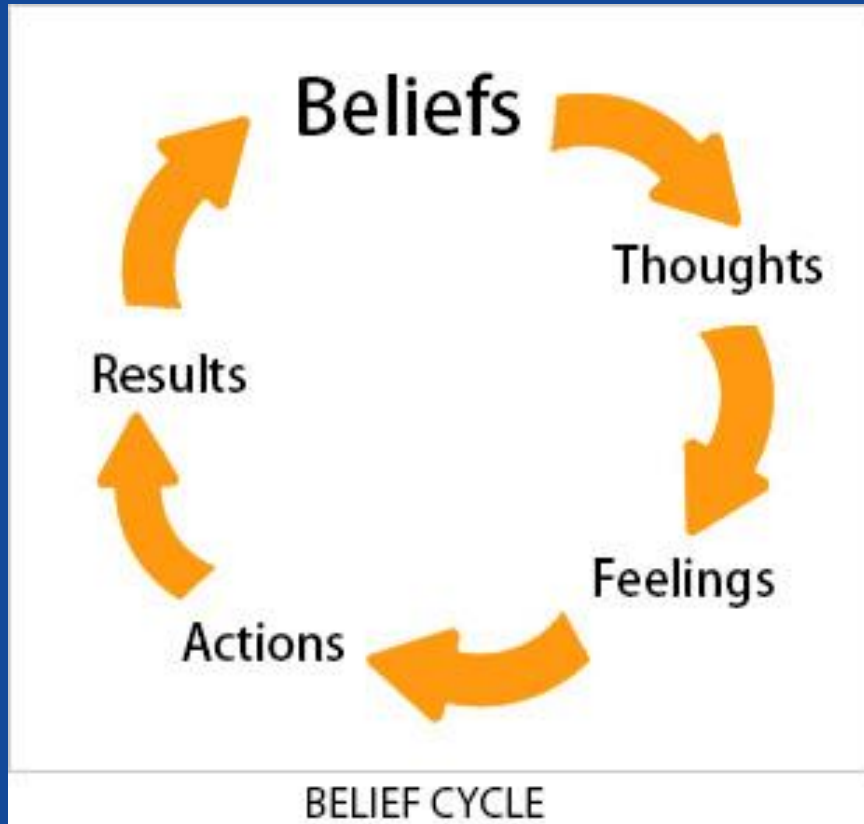
**Feelings:** Nervous

**Action:** Procrastination

**Results:** Disappointment

**Beliefs:** See I told you ...  
I'm not good enough

# Positive Beliefs = Limitless Possibilities!



Belief: I have a lot to offer

Thoughts: I can do that

Feelings: Confident

Action: Take it head on

Results: Did better, see opportunities to improve next time

Beliefs: See I told you ...  
I have a lot to offer the world

# SECTION #3



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# Week 1 – LAW OF ATTRACTION



*If you think you are beaten, you are  
If you think you dare not, you don't  
If you'd like to win, but you think you can't  
It's almost a cinch you won't.*

*Life's battles don't always go  
To the stronger or faster man;  
But sooner or later the man who wins  
Is the one who THINKS he can!*

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# POSITIVE THOUGHTS = POSITIVE ACTION



Write

I can't.....

A large, empty white rectangular box with a thin red border, intended for writing a response to the prompt "I can't.....".

I WILL .....

A large, empty white rectangular box with a thin red border, intended for writing a response to the prompt "I WILL .....".

*Embrace life with magnitude and direction*

*What matters most, is how you see Yourself!*



WHAT MATTERS MOST  
IS HOW YOU SEE YOURSELF.

*Embrace life with magnitude and direction*

# THREE TIPS



1. Be True to Yourself!
2. Acknowledge when you have a negative beliefs & then purposely replace it with a positive beliefs
3. Look in a mirror 1 x per day and state (in positive) what you want (repeat it 3 times)