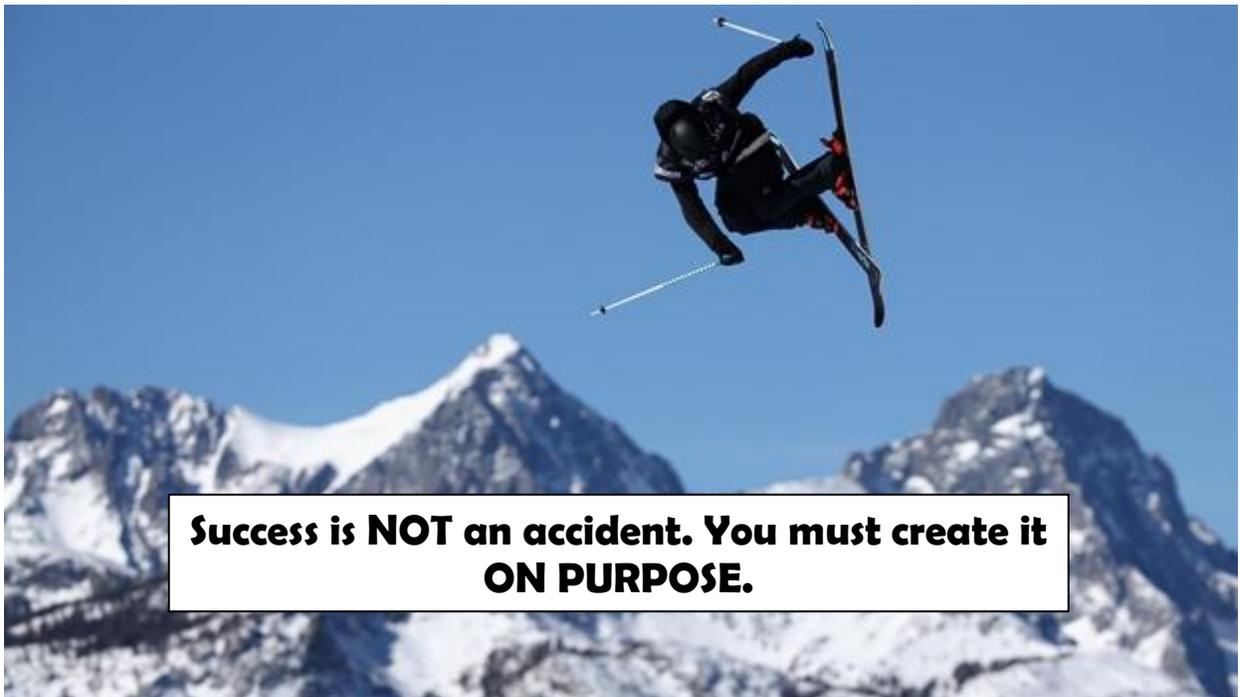


# Cs Life

## SLOPESTYLE SEASON PLAN

Prepare Your Mind and Body



**Success is NOT an accident. You must create it  
ON PURPOSE.**

## ATHLETE WORKBOOK



# COPYRIGHT



## Cs Life

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## **Note to the reader:**

This eBook is written by Shane Harle, an elite coach, who has worked with numerous Olympians, National and Provincial Champions, and local athletes. He is also a dad to a Slopestyle Olympian and a Professional Freeride Skier/Ski Instructor.

You can find Shane on [Instagram](#).

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## Mental Toughness Matters

### It's an advantage.

Mental toughness can be defined as the ability to persevere and maintain focus and determination despite challenges, setbacks, or pressure.

It involves resilience, emotional control, and the capacity to stay motivated and disciplined in pursuit of your goals.

Mental toughness enables you to handle stress effectively, maintain a positive mindset, and perform at your best, even in difficult circumstances.

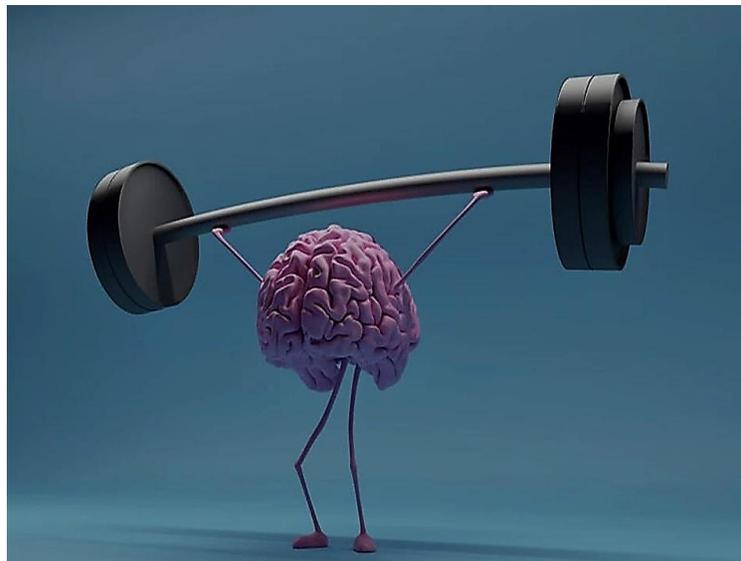
This training workbook is crafted to equip you with skills that will enhance your training and bring you closer to achieving your goals. The mental skills you acquire as you work through each page can be applied to all areas of your life, enhancing your emotional resilience and overall happiness.

I encourage you to invest your full effort and a laser focus on these exercises to reap maximum benefits.

It's time for your Greatest Self to show up.

Let's go!

*Shane*



# PLAN FOR SUCCESS

## Success is not an accident.

Planning to succeed is a practice of champions. Success is not an accident!

Creating a detailed plan with measurable objectives is a process that develops focus, creates emotional stability, and enhances performance.

Your plan should be a fluid document; refine it along the way.



### Steps To Success

1. Dream Goal
  - Planning starts with a goal so dream big!
2. Results Along the Way
  - Achievements that show you are on the right path.
3. Required Skills
  - Skills you need to get the results you want.
4. Get to Work
  - Set short term, measurable goals.
5. Get Organized
  - Mental Preparation
    - Your thoughts matter.
  - Obstacles
    - List things that will hinder your progress.
  - Obstacles Plan
    - Get back on track.
  - Weekly Schedule
    - Make a weekly training schedule.
6. Ask for Help
  - Create a Support Team.
  - Accountability
    - Use your support team to help you stay accountable for your plan.
  - Review and Refine
    - Review and refine your plan regularly.
    - Ask your support team for input.

**Your Dream Goal is waiting for you.  
It's time to WAKE UP and take action!**

# DREAM GOAL

Create a vision.

It's important to know exactly what you want.

What do you dream about? When you look down the road, what do you see? What is the greatest thing you want to accomplish?

The answer is known as your Dream Goal.



**Brainstorm:** What is your Dream Goal?


**Brainstorm:** Predict how old you will be, where you will be, and who you will be with when you accomplish your Dream Goal.


**Brainstorm:** Describe how you will feel when you accomplish your Dream Goal. Be as detailed as possible.


## RESULTS ALONG THE WAY

Find focus.

It's time to find focus. Start by working backwards; your Dream Goal is at the end.

What's before it? What markers show you are on the right path and going in the right direction?



**Brainstorm:** What results do you need to achieve before you reach your Dream Goal?




## REQUIRED SKILLS

Dial in.

Results don't happen by accident. There are no free rides.

Dial in on the skills you need to get the results you want.

**Brainstorm:** What skills will you need to make these results happen?


# GET TO WORK

Set short term, measurable goals.

Skills don't just magically appear. Hoping for them isn't enough. Wanting them isn't enough.



**Brainstorm:** Why don't you have these skills? What's stopping you or holding you back?


**Get to Work:** To get the results you want, improve your skills. Improving your skills requires intentional action. Pick two skills you must have to get the results you want.

For each skill state:

- a) What is the skill? By what date will this skill be accomplished?
- b) When will you work on it? How will you work on it? How often will you work on it?
- c) What commitments are required?

Skill #1

a)
b)
c)

Skill #2

a)
b)
c)

# GET ORGANIZED

Every thought and action matters.

Everyone wants it, everyone hopes for it, everyone wishes for it. Don't be like everyone.

Wanting it isn't enough, hoping for it isn't enough. Instead, get organized.

Your thoughts and actions do one of two things; take you TOWARD your Dream Goal or take you AWAY from your Dream Goal.



**Mental Preparation:** Choose a mantra. Choose one powerful thought that takes you TOWARD your Dream Goal. This mantra is something you can repeat throughout your day, especially when doubt and other thoughts creep in that take you AWAY from your Dream Goal.


**Obstacles:** What could hinder your progress? What might get in the way? What obstacles might you have to overcome? What things might take you AWAY from your Dream Goal?


**Obstacles Plan:** When obstacles appear, what's your plan? Pick one obstacle and write down how you will handle it. How will you get back TOWARD your Dream Goal?


**Weekly Schedule:** A weekly schedule takes you TOWARD your Dream Goal. Write it down, put it on the fridge, have it in your phone. Where will you post your weekly schedule?

--

# ASK FOR HELP

## Be accountable.

This is a journey, not a walk around the block. A journey is something that changes you.

And this journey isn't easy. That's why so few make it.

There will be highs, there will be lows. There will be joy, there will be sorrow. There will be laughter, there will be tears.

"If you want to go fast, go alone. If you want to go far, go together."

It's important to share your journey with people you trust.



**Support Team:** What kind of support will you need? Who will be on your Support Team? The right Support Team will take you TOWARD your Dream Goal.

**Accountability:** How will you hold yourself accountable? How will you include your Support Team? How will you do things that take you TOWARD your Dream Goal, even when you don't feel like doing them?

**Review and Refine:** Your plan should be fluid. Adapt when necessary. Ask your Support Team for their input. How often will you review and refine this plan, so it continues to take you TOWARD your Dream Goal?

# SLOPESTYLE

## Plan for success.

This is an example of a Success Plan from a highly successful slopestyle athlete.

**Dream Goal:** To become an X-Games Gold Medalist.

**Results Along the Way:** To become an X-Games Gold Medalist, I must:

- Consistently place in the top 3 in competitions.
- Make the Provincial Team.
- Find sponsors.
- Make the National Team.
- Do well enough in international competitions to get invited to X Games.

**Required Skills:** To consistently place in the top 3 in competition I must be able to:

- Ride the rail both ways with sick tricks.
- Cork both ways on the jumps.

**Get to Work:** To cork both ways on the jumps I will:

- Qualify cork 7 both ways on trampoline by January 14<sup>th</sup>.
- Qualify cork 7 both ways on the air bag by February 10<sup>th</sup>.
- Qualify cork 7 both ways on the snow by March 15<sup>th</sup>.

**My Commitments:** To qualify my cork 7 both ways on trampoline by January 14<sup>th</sup> I will:

- Practice on the trampoline 3 times a week at home, and each time I will:
  - Perform 50 perfect 360s.
  - Perform 50 perfect back flips.
- Go to the trampoline gym with my team on Tuesday's.
- Watch YouTube videos in the evening for new ideas and ways to improve.

### Obstacles:

- I get stressed at competition and do not perform well.
- I get distracted with video games.
- School and homework get in the way sometimes.
- I may get injured or sick.
- I get distracted with my friends.

*Continued on next page.*

### Obstacles Plan:

- I get stressed at competition and do not perform well.
  - Use deep breathing and visualization, listen to music to stay loose.
- I get distracted with video games.
  - Set a timer and when it goes off, I shut off the video games.
- School and homework get in the way sometimes.
  - Do my homework right away, before I leave school.
- I may get injured or sick.
  - Proper rest and recovery, commit to year-round prehab and strength training.
- I get distracted with my friends.
  - I won't hang around them as much as competition day gets closer.

### My Thoughts and Actions Matter:

- I will post my Dream Goal and mantra above my clock in my bedroom, so I see it daily.
- I will post my weekly schedule on the fridge.
- Whenever I train, I will constantly repeat my mantra, "I am a machine that leads me to my dream."
- I will keep my lucky keychain in my pocket; it reminds me to stay strong.

### Weekly Schedule:

- Stretch every morning for 5 minutes when I wake up.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1) Go to the gym. 2) Tramp at home.	1) Tramp training with my team.	1) Go to the gym. 2) Tramp at home.	1) Ski with my team. 2) Work on skills.	1) Go to the gym. 2) Tramp at home.	1) Ski with my team. 2) Work on skills.	1) Ski with my team. 2) Work on skills.

### Support Team:

- Share my successes with my mom and dad.
- My coach helps me with technical stuff, and the person at the gym is helpful.
- My friend, Casey, is there to train with and bounce ideas around with.
- Watch various competitors and "how to" videos on YouTube.

### Accountability:

- I will post my schedule on the fridge and check off things when they get done.
- I will share my goals with Casey, and text Casey when they are done.
- I will write in my training journal how I am feeling and note my progress.

### Review and Refine:

- I will review and refine this plan every two weeks, on Sunday nights.
- I will ask my Support Team for their input.

# PLAN IN DETAIL

Little things aren't little.

## YOUR SEASON PLAN

1. What is your Dream Goal? Where will you post it, so you see it every day?		
2. What results do you need along the way that show you are on the path TOWARD your Dream Goal?		
3. What skills must you have to get the results you want?		
4. List 2 skills you need and add a date for completion.	a.	Date:
	b.	Date:
5a. When will you work on each skill?	a.	
	b.	

*Continued on next page.*

**YOUR SEASON PLAN (Continued)**

5b. How will you work on each skill?	a.
	b.
5c. How often will you work on each skill?	a.
	b.
5d. What commitments will you make to get better at each skill?	a.
	b.
6. What's your mantra, your powerful thought? Where will you post it so it's visible? Where/when will you use it?	

*Continued on next page.*

### YOUR SEASON PLAN (Continued)

7. What obstacles might get in the way?	
8. What's your Obstacles Plan?	
9. What day of the week will you plan your weekly schedule? Where will you post it?	
10. What support do you need? Who will share your journey?	
11. How will you be accountable to your plan? List 2 ideas.	
12. When will you review/update your plan? Who will you discuss it with?	

Need some help with your Season Plan?  
Work directly with Shane by sending him an email: [podiumoflife@gmail.com](mailto:podiumoflife@gmail.com)

