

Cs Life

UNSTUCK

Get Past Roadblocks



ATHLETE WORKBOOK



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Cs Life

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For permission requests, please contact the author:

podiumoflife@gmail.com

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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](#).

To work directly with Shane, send him an email: podiumoflife.com

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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.

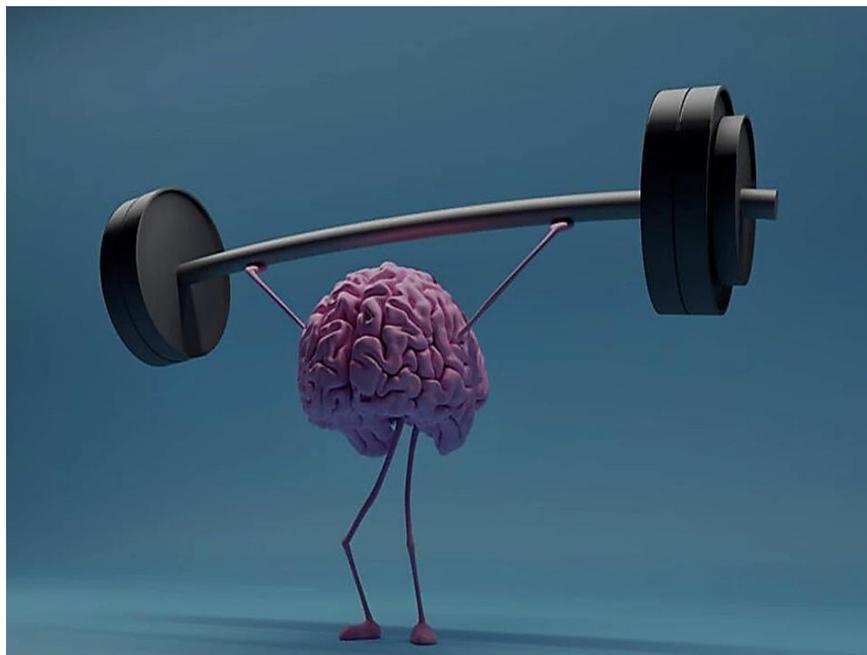
This training workbook is crafted to equip you with skills that will enhance your training and bring you closer to achieving your goals. The mental skills you acquire as you work through each page can be applied to all areas of your life, enhancing your emotional resilience and overall happiness.

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

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

Let's go!

Shane



IT'S ALL IN YOUR MIND

Stuck is just a feeling.

This workbook will guide you through a process aimed at preparing your mind to conquer obstacles.

It will take you through various steps designed to uncover and highlight productive thoughts and actions to help you become UNSTUCK.

Here's a chance to welcome obstacles as challenges and opportunities for personal growth.

The feeling of "stuck" is just that, a feeling. And you can learn to manage a feeling. You can figure out how to take action and turn stuck into UNSTUCK.



DEFINE THE PROBLEM

Identify what's holding you back.

Obstacles are inevitable. Getting UNSTUCK requires you to face these challenges. Whether it's executing flips on snow, navigating rails, improving your defense, becoming a sharp shooter, or a skillful server, you can't solve the problem until you identify it.



Brainstorm: What is the problem? What skill is holding you back, keeping you stuck?

Brainstorm: How does it feel to be stuck?

DISSECT THE PROBLEM

Dive deeper.

Understanding the reasons why you haven't become UNSTUCK, is pivotal to devising solutions.



Brainstorm: What holds you back from succeeding at this skill?

Brainstorm: What have you already tried that did not work?

Brainstorm: Regarding this skill, what are you most afraid of?

ANSWERS FROM THE PAST

Look for clues.

Reflecting on previous experiences can serve as a valuable tool for getting UNSTUCK. By drawing upon prior problem-solving skills, you can gain insights and strategies to tackle your present challenges.



Brainstorm: Can you remember being stuck before?

- 1) What was the setback?
- 2) How did it feel?
- 3) How did you overcome it?

1)	
2)	
3)	

Brainstorm: Reflect on another setback, another time when you were stuck.

- 1) What was the setback?
- 2) How did it feel?
- 3) How did you overcome it?

1)	
2)	
3)	

THOUGHTS ARE POWERFUL

Choose courageous ones.

Your thoughts have immense power; they dictate your actions and emotions. Intentionally choosing your thoughts is the pathway to conquering challenges.



Brainstorm: What thoughts help you feel courageous and brave? List 2-3 thoughts.

1)
2)
3)

CREATE A MANTRA

It's your go-to phrase.

A mantra can help shift your mindset and empower you to overcome challenges. Here are some examples:

- When I approach rails I think, "Commit and slide!"
- When I am on defense, I look at my check and think, "Welcome to your frustration!"



Mantra: Use some of the courageous thoughts you listed above to create a mantra. What's your go-to phrase? Make sure it's something that makes you feel strong and courageous. Make sure it lights a fire in you!

SHARE YOUR JOURNEY

Create a support team.

Building a network and utilizing resources are essential for getting UNSTUCK. There are people in your circle who genuinely want to see you thrive, and a multitude of tools at your disposal.

For instance, you can seek guidance from others on how they've conquered similar obstacles. You can leverage online communities for advice or watch instructional "How To" videos to gain valuable insights and strategies.



Brainstorm: Who can you reach out to that will be there for you? Who do you want on your Support Team?

Brainstorm: What topics can you research that will help you manage this problem?

Brainstorm: Where else can you find support or learning?

STAY ON TRACK

Be accountable.

Accountability keeps you on track and it's crucial for executing your plan.

For example, you could track your achievements on a calendar or create a timeline with specific dates to mark your progress. You can post your training schedule on the fridge or your bathroom mirror and put a check mark beside each day that you complete your training.

Another idea is to share your plan with a parent or a teammate and ask them to make sure you do it.

It's important to stay committed to your plan, even on the days you don't feel like it.



Brainstorm:

- 1) How will you keep yourself on track?
- 2) How will you do things you need to do, even when you don't feel like it?

1)
2)

Brainstorm:

- 1) Who will help you stay accountable?
- 2) How will they hold you accountable?
- 3) What do you want them to do/say when you get off track?

1)
2)
3)

GET UNSTUCK

Freestyle skiing example.

Problem: I am stuck in the skill of flipping on snow, and it is limiting my progress.

Date of Accomplishment: I will get UNSTUCK on Feb 21st at Silverstar Mountain.

Mantra: Flipping is fun.

Actions to Get Me UNSTUCK:

- I will do the lead-up skill of back flip on trampoline.
- I will do the lead-up skill of back flip on airbag.
- I will visit a sports psychologist to understand the mental block.
- I will create a safe method of trying this skill.
- I will ask friends and coaches what they have done to overcome stuff like this.
- I will figure out what's the best thought to think when I'm flipping.
- I will create a video game where I do the trick and play it repeatedly.
- I will watch the skill on film and visualize me doing it.

3 Actions + Dates

- I will watch 3 different "how to" videos by Feb 1st.
- I will do 300 back flips on tramp by Feb 10th.
- I will do 30 back flips on airbag by February 17th.

Accountability:

- I will post the above actions + dates on my bedroom door.
- I will show this plan to my dad and tell him when I complete each step.

Review and Refine:

Success! I came to the realization that my fear of performing flips on snow stemmed from a lack of confidence in executing flips off snow.

So, I focused on practicing lead-up skills in a safe environment and that helped develop comfort and confidence for flipping.

When I eventually attempted it on snow, I felt at ease, confident in my ability to succeed. Now, I'm enthusiastic about honing my cork 7s.

YOUR UNSTUCK PLAN

Plan in detail.

Now that you have done all the brainstorming, it is time to make your own UNSTUCK plan.

Problem: Clearly state what skill is holding you back. Where are you stuck? What is it that you can't do?

Date of Accomplishment: State when and where you will become UNSTUCK and successfully complete this skill.

When:
Where

Mantra: What is your mantra? What phrase makes you feel strong and courageous?

--

Actions: List all the actions you need to take to get UNSTUCK.

1)
2)
3)
4)
5)
6)

Three Actions + Dates: Choose 3 actions from your list on the previous page. Use ones that will help you become UNSTUCK. Write down the action and include the date you will do it.

Action #1

Date:

Action #2

Date:

Action #3

Date:

Accountability: Clearly outline how you will keep yourself on track. Be sure to include a member of your Support Team and state how you will use them to hold you accountable.

Review and Refine: Once you overcome this obstacle, when you get UNSTUCK, write down what worked, and what you learned.
