



## Reflection and Growth Checklist: Coach, what do you struggle with?

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



- Comparing yourself to others
- Consumed by results
- Getting over mistakes/losses quickly
- Lack of self-awareness  
(values, philosophy, strengths, purpose for coaching)
- Expectations from others
- Practice planning and execution
- Game/Competition Coaching
- Confronting people - Afraid of Conflict
- Lack of Communication Skills
- Struggle connecting with this generation
- Identity outside of sport (Who am I without my job?)
- Fear of failure
- Lack of motivation
- I listen to the wrong voice in my head  
(I am negative and hard on myself)
- Dealing with pressure coaching free
- The inability to ever please myself  
(Never happy with my accomplishments)
- Not having a relationship with myself
- Dealing with outside criticism
- Self-doubt (Lack of confidence)
- Care too much about recognition and status  
(Upholding reputation)
- Emotional control (Frustration, anger, referees)
- Self-worth tied to win-loss record
- Interpersonal relationships (Staff/Head Coach/Peers/AD)
- Time management (Prioritization)
- Organizational skills
- Life Integration (self-care, work, relationships, spirituality)
- Expectations I have for myself
- Interviewing, hiring process
- Fear of Success
- Being a workaholic
- Care too much about what others think about me
- Taking things personally/overly sensitive
- Burnout I'm not having a lot of fun
- Accepting feedback from staff/ AD/head coach/athletes
- Giving feedback to staff/head coach/players
- Maintaining clear boundaries
- Being able to adapt in a new environment
- Urge to be perfect
- Managing Staff (task delegation and follow up)
- Managing Team (individuals & Team Culture)
- Managing Program (Budget, compliance, recruiting)
- Taking responsibility for my mistakes
- Judgement (from self and others)
- Judgmental towards other people
- Work- ethic
- Forgiving and forgetting - grudge holding
- Making decisions
- Accepting diversity in people
- Struggle with trusting others
- Not being accepted
- Leaving my comfort zone
- Isolation-lack of support
- I lack innovation/creativity
- Making excuses (Not going "All-In")
- Current health issue (myself)
- Accepting my role in program
- Discipline to stick to a plan
- Knowing how to act, dress, talk and behave like a professional coach
- Life Transition  
(aging parent, new child, death or illness in family)
- Other: