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Ring 5: Striving for Excellence

"Each of us have a gift, that we were put on this earth for a reason, that there never will be another one of us." – Wilma Rudolph (Olympic Champion)

"Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world" – Joel A. Barker

What's Your Olympic Dream?

Reflect on the quotes above and videos you just watched on Irish Olympic medallists. Write your answers to the following questions:

- What is your Olympic-sized dream or vision for your life?
- What action can you take today to make it into a reality?

What's Your Olympic Dream?

Writing down goals is proven to help you attain them. Make a list of 20 things or more you want to become true in the next 10 years. Your dreams are only limited by your imagination. The cool thing about success is that we all get to decide what that means for us. Think about what society says success is and compare that with your own definition!

*20 Goals (list big and small goals, don't put any limits on your goals. Just keep writing)
Feel free to include both intrinsically and extrinsically rewarding goals.*

Thought Starter: To me, success means:

Being _____ Pursuing _____

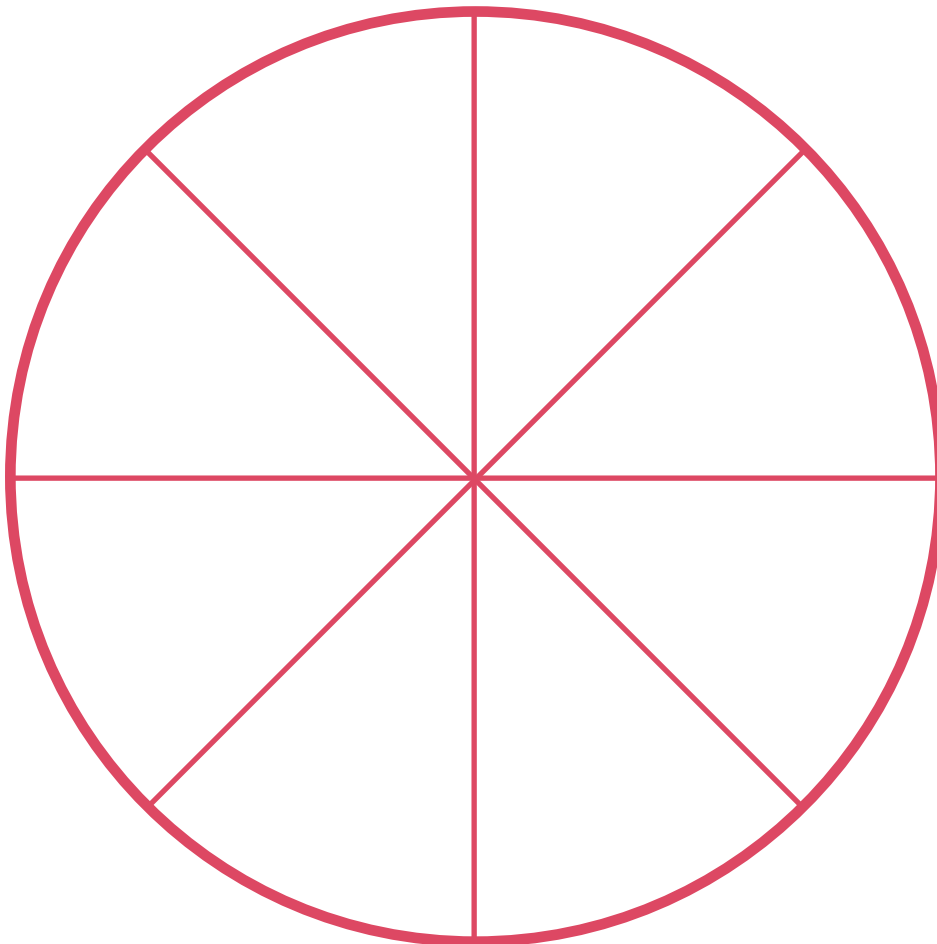
Becoming _____ Having _____

Feeling _____

Goals Build Dreams

1. Write your goal in the center of the wheel. (What kind of person do you want to become to do the things you want to do?)
2. Write the "ingredients" to achieve your goals in the spokes.
3. Write the reasons for your goals below the wheel.
4. What obstacles will you face and how will you overcome them? (Hurdles)
5. Who will help you achieve your goal?

Remember to set goals in more than one area of your life. (school, sport/ physical activity, social/family).



Ideal Day

Below is an example of an Olympian's day.

What does your future ideal day look like? Think about what you would do, who would you see, how would you feel etc. Have fun with this!!

Athlete's Day - International Hockey Player Shane O'Donoghue

8.00am: Wake Up

8.15am: Breakfast

9.30am - 10.30am: Training

11am: Gym session

11.30am: Snack

12.00pm - 12.45pm: Group

Video Session

1.00pm - 3.00pm: Rest

3.15pm: Pre-Training Lunch

4.30pm - 6.30pm: Training

Session 2 (Squad Training)

7.30pm: Dinner

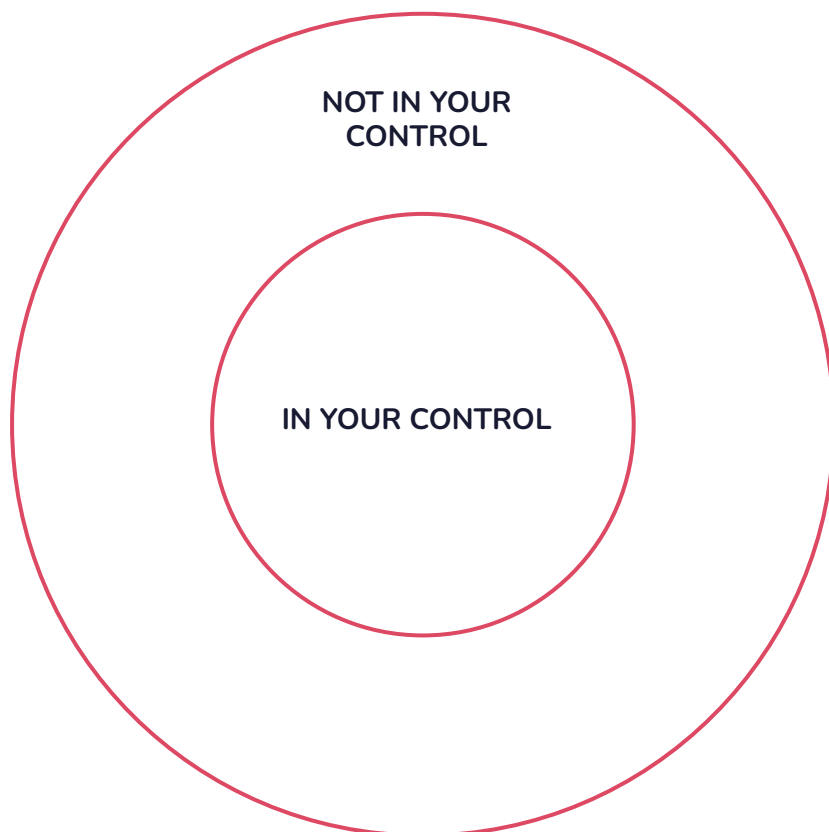
My Ideal Day:

In control / Out of control

Look at the examples of things that are in an athlete's control and the things that are out of their control.



What about you as a TY student?
What things are in your control and what aren't? Fill out the circles and discuss your answers.



Growth Mindset

Often we have a growth mindset in some areas but fixed in others.

When thinking about your own life, what mindset do you have for the topics listed below.

eg. *I'm terrible at maths.* vs. *I know when I practice I improve.*

	Fixed Mindset	Growth Mindset
<i>Ability in sport</i>	☐	☐
<i>Public speaking</i>	☐	☐
<i>Art</i>	☐	☐
<i>Maths</i>	☐	☐
<i>Writing</i>	☐	☐
<i>Reading</i>	☐	☐
<i>Ability to concentrate</i>	☐	☐
<i>Fashion Sense</i>	☐	☐

Olympic Values Quiz

Take the IOC's Olympic Values quiz. Choose one option (A-B-C) for each dilemma (be honest in your responses!).

1. **Your team won the match by a large margin.**
 - A. You laugh at the losers with your teammates.
 - B. You tell the opponents that luck was on your side.
 - C. You focus on the next match. This one is no longer important.
2. **You lost the match.**
 - A. You learned a lot and swear to be better next time!
 - B. You blame the coach, or the referee, or the field, or the weather, or your parents!
 - C. You feel guilty. You should have trained more!
3. **You have to play a hockey match and you now the opponents are quite aggressive. What should your team do?**
 - A. Play as aggressively as them.
 - B. Try to negotiate a fair play match beforehand.
 - C. Play your own match and trust the referee
4. **A fellow teammate tells you they are gay.**
 - A. From then on, you keep your distance.
 - B. You really think they should leave the club.
 - C. You ask them how you can give him your support..
5. **Your new tennis partner is the most unpopular kid in the class.**
 - A. You take the opportunity to get to know them better.
 - B. You ask the coach to change partner.
 - C. You don't say anything and mock them even more behind his back.
6. **Together with fellow supporters, you visit an international basketball derby. Some of them whistle during the national anthem.**
 - A. It's fun! You take part as well.
 - B. It's a disgrace and you tell them.
 - C. You feel ashamed and try to walk away from them.
7. **In your club, your friend is bullied.**
 - A. You can't do anything but hope you won't be the next victim.
 - B. You sympathize with your friend.
 - C. You ask the coach to order the bullies to stop.
8. **The competition is taking place in a fairly old gymnasium.**
 - A. Here or anywhere else, it doesn't make any difference.
 - B. You scratch the paintwork to show your friends how shoddy it is.
 - C. You take particular care not to damage anything further.
9. **You play tennis with your little brother, who is a beginner.**
 - A. You let him win.
 - B. You give him tips to progress.
 - C. Cool, it will be an easy victory!

Fill in A, B or C for each question

1. 2. 3. 4. 5. 6. 7. 8. 9.
[] [] [] [] [] [] [] [] []

Question	A	B	C
1	0	1	2
2	2	0	1
3	1	0	2
4	0	0	2
5	2	1	0
6	0	2	1
7	0	1	2
8	1	0	2
9	1	2	0

Add Up Your Points & Read Your Feedback

0 – 5 points

You don't show much friendship or respect to people. Maybe you also think that a disrespectful joke is acceptable. You probably don't always get respect from other people either. Did you know that you get more respect when you're respectful? Try it out and don't forget that perseverance is the key to success!

6 – 11 points

You usually respect other people, but you don't want to be over-the-top. You also like some people more than others and demonstrate it clearly. Maybe you don't care that much about other people's situations. You probably know that showing respect produces respect. Don't forget this in everyday life!

12 – 18 points

You show a lot of respect to other people. It's natural for you. You don't like biased comments. Perhaps you are too friendly for this difficult world. Remember that it's not possible to be liked by everyone or to always be respectful.

Score Total

Please reivew our TY Dare to Believe Programme to help us evolve and refine the programme:
<https://forms.gle/ypZ3nc3pCGqVGdQG9>