

positive
Vibes
only®

WINNING
HAPPENS
EVERYWHERE!



HOW DO YOU MEASURE SUCCESS?

Sport, by nature, is competitive. We are usually trying to determine a winner and a loser. But what is on the scoreboard is not the only measure of success – or failure.

When we think about the value of sport, there are so many other factors that make it a positive and worthwhile experience.

Our experiences in sport can help to shape our mindset and approach in other areas of life. Being able to reflect on - and celebrate - more than just the result or outcome is the key to a lifelong love and enjoyment of sport.

Here are a few reflective questions you can ask your kids to help them take positives away from every practice, match or competition:

- What is something you are proud of?
- What did you enjoy the most?
- What is something you learned?
- What is something new that you tried today?
- What did you find hard and how did you overcome that?

Wanting to win is important, but wanting to keep coming back to play is the best measure of success!

