

Expectations-The Starting Point

Give these questions some thought, if you put the right effort into it, the results will help you more than you can imagine!

What are the expectations I have of myself this season?

I will enjoy watching my son participate in the sport he loves so much. I will not engage in parent BS and I will help him develop the skills to communicate with his coach and us. I will not coach or share my opinions.

What emotions do you feel when someone does not meet your expectations?

Frustrated, disappointed, angry, helpless

What conversation goes on in your mind when you do not meet your own expectations?

I doubt my abilities as a parent/spouse/employee. I become very emotional and tend to take it out on those closest to me.

What have you learned when you do not meet others expectations?

They become emotional and then make the attack personal

What is your plan to meet your own expectations?

I will remind myself of how I want to be for my son. I will not bring up my opinions in the car ride home, I will be patient and remember this is about him, not me.

What expectations do you have of your parents/athletes/coaches this year?

A mental health exercise

A relationship building exercise

I expect the coaches are respectful and honest with my son. That they will treat him fairly and develop both his physical and mental skills in the time that they spend with him.

How will you communicate these to them so they can meet them?

I will schedule a time to meet with the coaches and my son to share with them all I have prepared.

How will you communicate these so they understand?

In regards to my son, I will set consequences with him and for the coaches I will ask the same thing, what consequences will there be for actions that do not meet the expectations I have of them.

What will you do if they are not being met?

For both of them I will hold them accountable and execute the consequences we agreed upon.

This section below is for you to write down the expectations that others have of you so you are clear and can build the relationship.

My parents/athlete/coaches have the following expectations of me this year.

They shared in order to meet them I must do...

A mental health exercise

A relationship building exercise

As much as we pump iron and we run to build our strength up, we need to build our mental strength up... so we can focus... so we can be in concert with one another. - Phil Jackson