

# 5 Ways to Dominate Life After Sports



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# Transitioning Into Life After Sports is HARD

Athletes die twice.

First, when they hang it up.

Second, when they take their last breath.

Transitioning out of sports is one of the hardest things many athletes will ever do.

I'm here to tell you this incredible truth: You can succeed. You can do it well.

If you follow the roadmap, you will be on your way to dominating life after sports.

There are five key areas to transition to life after sports successfully. They are:

1. Identity
2. Passion
3. Autonomy
4. Expectations
5. Physical Wellness



## Key #1

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# Identity

Definition: condition or character as to who a person or what a thing is; the qualities, beliefs, etc., that distinguish or identify a person or thing

When an athlete retires from sports, he or she goes through an identity shift. Who you were is no longer who you are, and you need to confront this reality head-on.

There are three main components and related questions that comprise our identity.

Dignity: What am I worth?

Identity of Being: Who am I at my core?

Identity of Doing: How does what I do add value to my life?

These three areas will likely evolve throughout life. To make the transition into life after sports, you need to think through these things and have answers that can carry you over

Where do you get your value from?

Who are you?

How does what you do add meaning to your life?



## Key #2

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# Passion

Definition: a strong liking or desire for or devotion to some activity, object, or concept

Sports have been the driving force of your life for as long as you can remember.

Now you slog through each day wondering when you'll feel that same fire again.

If you wait around for passion to come upon you, it will likely never come.

Here's the truth: Passion is developed, not found.

The way to develop passion is quite simple: Try stuff.

You might try 20 things before you find something that ignites passion inside of you.

This "failure" is good.

You've successfully found 19 things that you're not passionate about and can discard from your life.

The secret to knowing what to try?

If you're curious about it (and it's not against the law), try it.

Develop a bias to action, and you will find your next love much quicker than those who merely wait for passion to fall into their lap.

What thing(s) do you want to try?



## Key #3

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# Autonomy

Definition: Freedom from external control or influence

For many athletes, autonomy is new. They're used to coaches, trainers, and tutors running their lives.

When your playing career ends, you get whacked across the head with autonomy.

You find out very quickly that you are responsible for your life after sports.

While this appears scary at first, autonomy is a huge blessing.

You are ultimately in control of your life, and you need to accept this.

I'm here to tell you this: You are mighty to make decisions that will positively affect your life and the lives of others around you.

What areas of your life are you feeling challenged to take greater responsibility for?

What would change about that situation when you view the autonomy you have as a blessing instead of as a burden?



## Key #4

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# Expectations

Definition: something expected

Throughout your athletic career, you've developed expectations for yourself. You have grown accustomed to the way you do things and how you accomplish goals.

You need to adjust the expectations you have for yourself in your new season of life. The well-oiled, efficient machine you were as an athlete is going to take some time to recalibrate to your new environment and routine.

If you don't adjust your expectations, they will become your kryptonite, and you'll sabotage any improvement attempt.

Are unrealistic expectations holding you back? If so, take a step back and create more realistic, reachable expectations. Don't expect heroics right away in your life after sports.



## Key #5

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# Physical Wellness

Former athletes are not immune to feeling unmotivated to remain physically active. A survey of former college students revealed that former college athletes are no less likely to keep working out after college than their non-athlete peers.

This is not to say that physical wellness is not necessary - quite the contrary. Your relationship with exercise and nutrition will likely change as you transition into a more "normal" life, but it's still essential to continue a physical wellness pursuit.

There are two main steps to living an enjoyable, healthy life.

### 1. Define your healthy life

You have the opportunity to define what a healthy life looks like to you. Do you want to be ripped? By all means, go for it! Do you want to tone it down a bit and hover between 10-15% bodyfat? Feel free! It's your life, and you get to choose.

### 2. Commit to and Execute on a Plan

Once you have a vision of what a healthy life looks like to you, find a plan that aligns with that definition. The program can be as specific or general as you want, but it's vital that you have a plan to guide you each day.

What does a healthy life look like to you? What plan aligns with your vision for a healthy you?



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# Let me help you with your biggest post-sports struggle

If you're struggling with the transition into life after sports, send me an email with your #1 question, and I will send you a customized video with tips on how to overcome what you're going through and dominate life after sports!

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