



The Athlete's Guide
to the
Galaxy

by
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Warning: The Issuer of this Guide Relieves Ownership & Possession upon the Athlete's Acceptance. Upon beginning the journey, the athlete becomes sole proprietor of the guide & it cannot be read, examined or flipped through by anyone without direct consent of the athlete proprietor, regardless of age.

Issuer Sign Here: _____

Hereby agrees to the terms & will adhere to the honor of the guide.

NOW I KNOW I PROMISED A GUIDE, BUT THE TRUTH IS THAT GUIDES CAN GET RATHER BORING BY NATURE. SO WE HAVE DEVELOPED THIS SPECIFIC GUIDE INTO A MORE ENGAGING FORMAT FOR YOUR ENTERTAINMENT & USEFULNESS.

The contents of this guide are extremely powerful if used correctly, as they have the power to unlock a secret power hidden deep within.

**Follow the path carefully & remember these two rules:
You may only go forward.
Leave everything you thought you knew behind.**

Once upon a time...

IN A _____ : (CIRCLE ONE)
GALAXY FAR, FAR AWAY
SHED DOWN BY THE RIVER
REMOTE VILLAGE
DARK FOREST
ABANDONED VOLCANO
CASTLE BUILT IN THE SKY
PEACEFUL VILLAGE
DOWNTOWN NEIGHBORHOOD
VACANT DESERT

Now hold on a second, I need some help
with this next part.

What are the most important traits of a hero?
(Circle 4, then circle & underline 1)

Courage Selflessness Inspirational
Extraordinary Determination Conviction
Sacrifice Gifted Humility Empathy Focus
Confident Powerful
Honesty Perseverance Protective Fearless
Compassion Intelligence Leadership
Strength Loyalty Humble Creative

There lived a Great Hero named: _____
(Write Your Name)

Our Hero began their journey just like you are now. Our hero only brought with them their: (List the 4 traits you circled:)

And around their neck, they wore an amulet given to them by the great Orehyme Rauoy before they left. The amulet promised to give them; _____ (the trait you circled & underlined)

As our hero begins their journey, the best advice I can give you as your guide writer, is to picture the story in your mind like a movie. Use images you know or can imagine, don't worry about being right or wrong here, those rules no longer apply.

Ok now find a quiet place & get comfortable, our hero's journey is starting...

It's a cool, clear night, as our hero closes their front door and begins to make their way on their quest...

As they begin to walk, the world they know is left behind. Our hero soon finds themselves surrounded by an unfamiliar terrain. It's not peaceful, nor scary, just different than they're used to, the sounds are different, the smells are unique, & the colors are...very peculiar.

There's something up ahead, but our hero can't quite make out what it is...

The Bridge

As our hero approaches the object in the distance, they see that it's a great bridge paved in gold stones, that twists & bends high into the sky. It appears as if it has hardly been used by anyone, which makes our hero wonder if it is even part of the journey.

As our hero approaches the golden stones he hears a noise that sounds like a muffled sneeze. Leaning against the side of the bridge is an old mystic, cloaked in what used to be silver robes, that time has worn dull and shineless. The hero doesn't recognize the figure, but a voice whispers a name in the wind.

"Egdir Byrevarb?" asks the hero, is that your name? The old mystic looks up and with a smile, a bright flash of light takes them both away in the blink of an eye.

Your Turn

Our hero & the mystic have landed in your world.

They are in a large room, the floor is made of:

_____, and the walls are painted: _____

Around them are things familiar to you, the items needed to play your sport. The mystic smiles & says, "In order to cross the bridge, we are to compete in the reader's game."

The hero asks aloud, "Reader, what do you call this game?"

_____ (write down your sport)

The Hero vs the Mystic

Our hero is set to compete against the mystic in three days, but first they each get to choose 3 traits for themselves to help them & one to hinder their opponent.

Circle the **3** that would help our hero the most & underline the one that would hurt their opponent.

Confident Endurance Sensitive Fearful Excitable
Careful Calm Controlled Smart Brave
Fast Strong-Willed Vision Strong Tenacious
Slow Decisive Perfectionist Weak Lazy
Shy Clumsy Uncoordinated Unmotivated Clutch

Day One

The competition is set to occur in three days, and your hero is trying to prepare in the best way possible.

Fortunately, three days here last much longer than in your world.

Each day will allow our hero to absorb 5 years of training, but your hero needs guidance & has a question for you:

In your mind, what are the 3 most difficult things about playing this game?

1. _____
2. _____
3. _____

Preparation Day One

Your hero understands, but wants to know more about what kind of feelings arise before competition begins.

What sort of thoughts & feelings come to you before competition?
(Circle One):

Excitement Anticipation Anxiety Nervousness Fear

Our hero says, "That's very useful to know."

Do you find it helps you to feel this way before competition?"
(Circle One):

Yes Maybe Not Really No

Day Two

Our hero is beginning to learn the strategy of your sport, but they've never played this sport before. They understand the objective and how it works, but want to know more about the motivation for playing.

Our hero asks, "Reader, why do you play this sport? If not just to win or lose, what is your ultimate goal for this sport, if everything worked out perfectly?"

Preparation Day Two

As your hero is preparing, a treasure chest appears before them. Upon opening, they are blessed with two new abilities to help them in competition for your sport, what would be the best two they could receive at this point?
(Hint: They can be anything you want)

_____ &

Surprise Twist

As your hero is trying out their new abilities, an envelope falls into your lap. It is wrapped in a brown paper and it's very heavy. As you open it, it is not what you expected.

It's a brown box with another card taped to the front that says "DO NOT OPEN!" & in very fine print below the card reads, "This is a package that will be given to the mystic.

It contains your worst experience playing your sport, and will occur during the competition in favor of your hero."

"If you choose to use it, your hero will lose one of the 5 abilities they have received so far. Do you wish the mystic be sent this package?"

Yes No

Day Three

As we approach the day of competition, the hero & mystic suggest you invite others to watch the competition. You can't invite the actual people, but 6 animals will be invited & 3 will have the characteristics of 3 people you know.

The animals are a fox, a horse, a mole, a crab, a rabbit & a jaguar. You know the crab, the rabbit & the jaguar, they are 3 people you have had at your sport's events before.

The jaguar is one that gives you confidence:

The rabbit is the person that makes it fun:

The crab is someone whose made your sport less fun in the past:

Day Three - The Twister - Part I

As the hero & the mystic finish their last bit of training, you are approached by the fox, the horse and the mole. You are unsure at first, but feel an odd sense of familiarity with them, like they are old friends you have known your whole life.

The mole waddles over to you, "It's great to see you again. I know the hero has been very grateful for all of your help. Tonight, I will be able to pass along one final gift to your hero on your behalf. I can deliver: If you could choose how you feel, how you would want to feel the night before competition." He hands you a note to write it down.

The Twister – Part II

The mole thanks you & waddles away. Next, the horse approaches, slowly and calmly clacking his hooves in a gentle rhythm. His eyes show his wisdom, and that he's a bit older than the mole. Instead of speaking right away, the horse just stands next to you, facing the same direction and looking out into the night sky.

After a bit of silence, you start the conversation, "Are you going to ask me anything?" But the horse continues to stare out towards the stars, like something has his attention and he's lost in thought.

As he begins to speak, it's a reassuring voice you've heard before but can't put your finger on it.

"What did you wish the mole to bring your hero?" the horse asks, still looking straight ahead. "Is that how you feel before your competitions?"

Yes No (Circle One)

The Twister – Part III

The horse listens to you intently, asking about why you feel, or do not feel, the way you passed along to the hero. After a while, you realize you have done most of the talking and ask him if he's ever seen one of these competitions before.

"I have, yes." The horse replies, "The competitions are wonderful, but they are merely a game. A spectacle of the results of everything that each competitor has done before them."

"But anything can happen, and that's why you play the game." You reply, presuming the horse has never competed in one of these before.

"On the contrary," replies the horse, "only a few things can happen in a competition. One can win, one can lose, and sometimes there's a tie."

The horse explained, "The most important thing is for the competitor to focus on the task at hand. Emotions just get in the way."

"But how do you control emotions?" You ask.

"It is simple," the horse continues, "Once you identify it, you can control it."

And with that, the horse disappeared.

The Most Important Part – The Fox

As the horse disappears, you notice the fox strolling towards you.

“Let me guess,” says the fox, “the horse told you it’s simply about controlling emotions, but didn’t tell you how, right?”

You nod in agreement. The fox sits calmly next to you & walks you through it.

All you have to do is turn the page.

Controlling Emotions in 3 Steps

In order to control our emotions we must do three things:

1. Identify our emotion.
2. Check if it's valid & reasonable.
3. Decide if that serves you, or helps you.

1. Identify how you feel.
(Tip: good & fine are not emotions, here are some to get you started)

Circle one on the right. See if you can identify: "How you feel right now"

Happy Sad Envious

Eager Excited Grateful

Carefree Scared Surprise

Anxious Inspired Shameful

Disgusted Disappointed Angry

Hungry Lonely Content

Tired Energized Relaxed

Controlling Emotions – Part II

2. Check if it's Valid & Reasonable.

As athletes, we get in the habit of constantly thinking about the next thing. Often times that separates us from the present, & “finding our feet” or “being where our feet are.” When we take a moment to identify our emotions, it can be tricky.

What if I don't feel like myself at the moment? That's totally normal.

Here's what to do:

H.A.L.T. - Ask yourself if you feel
Hungry, Angry, Lonely, or Tired (HALT).

If you are one of those things, of course you're not going to feel like yourself. Address those first. Get something to eat, let yourself cool off, grab a friend or chat with a family member, or grab a quick nap. Then reassess how you feel.

Second to Last Part

Now if you feel a negative emotion: Sad, anxious, disappointed, worrisome, scared, or shameful.

Ask Yourself: "Is there a reason I may feel this way? What is causing this?"

Is there a valid reason why you feel this way? If yes, it helps to write down why.

Now, does it help you to feel that way? Usually it doesn't, and while it is understandable to feel a certain way when there is a certain reason, remind yourself that we get to control our own emotions. We get to choose how we feel.

If there is not a valid reason, now you get to choose how you feel. We must protect our mind from letting feelings linger that do not serve us.

Last Part

3. Decide if that serves you. Controlling your emotions is not about denying how you feel, it's about understanding it. Once we identify how we feel, we can objectively look at if it is helping or hurting us.

Since we only allow feelings that help us, and this takes practice, we must recognize the cause, reason or source of negative feelings. Remember, thoughts and thinking are caused by all sorts of things. Environment, conditions, hormones, what we eat, how much we sleep, etc.

A thought doesn't need to be a cause for a concern, as long as you do not entertain it. Daydreaming & those horrible thoughts you'll never tell anyone, are the one in the same. They are just thoughts.

They do not control our actions.

The Fox Bids Adeu

As the fox begins to walk away, you try to get his attention.
“But what if I feel like I can’t control my thoughts & what if
I’m not good at it?”

The fox smiles & turns around. He walks up next to you &
says, “Take the collar from my neck.” Attached to the
collar is a small chest, “this will give you 3 things to
practice each day until you’ll forget how you ever
learned.” And with that, he disappeared.

Inside the chest were 3 glowing orbs that floated out and
spun around your head giggling as they flew. Without
blinking, you absorbed what the orbs wanted you to know
& showed you what to do from now on.

The Athlete's Guide to the Galaxy - 3 Orbs

The orbs showed you three things to practice in order to get control of how you feel:

1. **Positive Vocal Axioms** - When you look in a mirror, say five positive things about yourself outloud. This is one of the most studied & effective ways to build a positive mindset since the mind does not register that you are the one saying the positive things when looking in a mirror.
2. **Practicing Gratitude** - Whenever you feel stuck, start making a mental list of what you are grateful for, or write it down & re-read it from time to time.
3. **Toxic Ownership Filter** - This filter protects you, and relieves you of taking any responsibility for how others feel. Often times we will project how we think someone is feeling, based on our current state. You are not responsible for how someone else feels.

The End

Wait, wait, what happened to our hero & the mystic?

While you were busy with the mole, the horse and the fox, they played the game & decided to cross the bridge together.

So what do you do now?

This: Imagine you are at the entrance to a vast forest, and you don't know your way through. You can't see anything except what's directly one step away from you in each direction. This is similar to how athletes feel on a daily basis.

Next to you, is the mole, the horse and the fox, they are going with you for the rest of your journey.

The horse says, "Can you see the next step in front of you?"

"Yes," you respond.

"Just take that, now we're on our way."