

WHAT NOW?

RECOVERING? INJURED? RETIRED?

What is your purpose today?

#AthleteEducation



REMEMBER

IT'S IMPORTANT
TO LET YOUR BODY
RECOVER AFTER MAJOR
COMPETITIONS,
both mentally and physically,
so with no sport today,
what is your purpose?

HOBBIES

- Read a book
- Complete a puzzle
- Mindful colouring in
- Cooking class
- Join a book club
- Take a pole dancing class
- Watch a friend/family member do their sport

ADVENTURE

- Horse riding
- Bush walk/hike
- Visit a country town
- Go paint balling
- Sleep under the stars
- Swim in the bay

EDUCATION

- Write your resume
- Complete an assignment
- Start a course – see COURSERA website
- Volunteer coaching for junior/ local club

LIFE ADMIN

- Banking
- Insurance
- Reply to emails
- Seek sponsorship
- And when you start to get restless, set goals for the coming season
- What's on your bucket list?
Share with Athlete Education
- Write a blog post and send it to Athlete Education for publishing

ARTS AND CRAFT

- Scrapbooking
- Build something eg. bedhead
- Make a pillow cover
- Make a vertical garden
- Design birthday/Christmas cards
- Decoupage
- Home improvements

FOOD

- Treat yourself to something sweet
- Try a new café
- Make something in the kitchen
- Start a veggie patch
- Visit a winery
- Host a BBQ
- Make your own Chai tea

SOCIAL

- Stand up paddle boarding
- Sunday session
- Got out on a Saturday night
- Plan a holiday
- Go on a road trip
- Visit an art gallery