



# Bouncing Back

## What to do when you fall short of your goal

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There's so much push to succeed and make it to the top, yet many athletes fail or fall short. How do you mentally manage the letdown of falling short?

Looking back at a performance, especially when you underachieve relative to personal expectations, is difficult. However, if you ask yourself a few simple questions, it's easier to learn from the experience and carry on. Looking at setbacks as opportunities to learn and grow will help you become a mentally stronger athlete.

High-performance athletes are very demanding of themselves and have high personal expectations. In one way, this personality trait is what allows an athlete to achieve, but it can also be what drives athletes never to be satisfied with accomplishments. This leads athletes to look back on a performance and recognize the deficiencies rather than look at the positives. Getting an accurate inventory of the positives and areas for improvement is critical to a positive mindset and the

continued pursuit of athletic dreams.

So take an inventory of: what happened, what to continue doing, and what to change. Use this simple template:

1. What two things did I do really well in terms preparation, training, and performance in pursuit of my goal?
2. If I want another crack at it, what do I need to do to improve on the items identified above?
3. If I could redo the pursuit of my goal, what one thing would I do differently and how?

By taking this approach, you look at your performance and preparation in an objective way, and give yourself an idea of what happened and what is needed. This limits the unnecessary negative talk and brings the focus back to what you can do.

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