



Lesson Eight: Isolation

READY

- What is the biggest “turning point” you have experienced in sports?

SET

- How do you define a turning point in sports?
- How can you completely forget an error or mistake during a competition?
- Explain how turning points are usually mental and not physical.
- Explain the concept of “isolation” and how you can apply to your workouts competitions.
- Read Philippians 3:12-14. What does this verse mean by “reaching forward”? How can you “press on” with greater intensity?

GO

- How can you deliberately take positive action when things go badly?



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