Journal Entry for topic: Paying Attention

Something I already knew…

That there are multiple types of attention

Something new I learned…..

I didn’t exactly learn anything new however I realized how I can apply these in everyday life, especially when coaching. It was a nice refresher.

Something I can implement is……

Using these cues in the gym when coaching—Not move around or fiddle when talking/giving instruction

I didn’t like/agree with……..

N/A

I could use further explanation on……

N/A