

Checklist:

The Four Personality Elements Of Every Athletes

When we talk about personalities of athletes, you can boil them down to four distinct elements similar to those found on earth. We have:

Fire
Water
Earth
Air

How would you describe yourself? Would you say your main personality is fire? Water? Earth? Or air?

While you may have one main personality type, what would you say your secondary personality element is?

While YOU may have certain personality traits, what would you say your sport asks of you the most? (i.e. While you may be pretty mellow (Earth) your sport may need you to be fiery.)

Can you think of a time when your sport really asked you to be one personality type but you still came as your main personality type? Did you miss an opportunity because of

this?

How would you describe the personalities of your coaches, your teammates, or your parents? How do you think their personalities affect how you interact with them? What can you do to adapt to their personalities? Share this checklist with them.

One More Thing!

Thanks for downloading this free transcription. I would love to help you more. Have you taken our survey?

Athletes take this survey by clicking here: [Athlete Survey](#)

Parents take your survey by clicking here: [Parent Survey](#)