

ON THE BALL

OFF-SEASON WORKBOOK

BEING PURPOSEFUL BEYOND THE PITCH

As we have closed the doors on another season, and before we begin to power up for pre-season, this is our time to reflect, restore & recharge. As players, our time off is precious and it is important that we are truly present with ourselves, and those that are important to us.

During the off season, we will be getting intentional off the pitch by being purposeful with our days, to prioritise blessing those around us, and to be present with our friends and family.

This workbook will support you in doing just that.



PURPOSE:

What is the vision for my life in 18 months?

BE A BLESSING:

Today, I've blessed someone...

I.E. Taken them to a doctor's appointment / fed the homeless / random act of kindness / paid for a stranger's coffee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

PRESENCE:

The way I will spend time with someone close to me this week:

I.E. Taking them out for dinner / going on a walk / playing a card game / listening to them / praying with them.

I will ensure I am fully present with them by:

I.E. Turning my phone off.

Check in on OTB Squad at the end of each week for the month of June and share with us your biggest takeaway in the WhatsApp group.

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Next month, we're powering up for pre-season!

That means that THIS is your time to get ahead mentally before the physical work begins.

These next few weeks provide you with an amazing opportunity to catch up and recap on all of the incredible training's we have for you inside your membership portal.

Need a refresher?

We've got you:

**JANUARY
TRAINING KIT**

*With 7 Figure Money &
Business Coach, Zac Dixon*

Learn how to stop your beliefs from holding you back in ALL areas of your life.

TUNE IN HERE

**FEBRUARY
TRAINING KIT**

*With Peak Mental
Performance Coach, Carlo
Chincarini*

Learn how to gain absolute confidence, certainty and clarity so you can show up as a King in all areas of your life.

TUNE IN HERE

**MARCH
TRAINING KIT**

*With Money Mentor,
Izabella Levey*

Learn how to transform your financial future and create your very own, life-long prosperity plan.

TUNE IN HERE

**APRIL
TRAINING KIT**

*With Serial Entrepreneur
& High-Level Leadership
Coach, Max Latimer*

Learn how to bring yourself to the forefront, and place your other "titles" (footballer, husband, partner, brother, dad, etc.) aside!

TUNE IN HERE

**MAY
TRAINING KIT**

*With NBA Mental
Performance Coach, Laura
Wilde*

Learn how to get in the zone (on command!) and unleash your genius in a new and unique way.

TUNE IN HERE

CATCH UP + RECAP