



THE CONSCIOUS & UNCONSCIOUS



Cracking the Code To Consistency

Humans are amazing - just watch a “People Are Awesome” video. But being human also means dealing with pain, both emotional and physical. To manage this, we divide our experience into two worlds: the Conscious (what we’re aware of) and the Unconscious (what we suppress). Imagine an iceberg—most of it is hidden beneath the surface.

This survival mechanism helps us cope with trauma, but the unconscious still influences us, showing up as negative thoughts, insecurities, and self-judgment. For athletes, unlocking the unconscious is key to consistency, improvement, and true enjoyment of the game.

Start by observing your thoughts and feelings. Notice patterns, both positive and negative. Pay attention to what’s happening inside you.

Try This: The Three Levels of Feeling

1. Identify a frequent negative thought (e.g., “I’m not good enough”).
2. Recognize the emotions tied to it (e.g., sadness, frustration).
3. Observe physical sensations in your body. Place a hand over these areas and note how they feel.

This simple practice increases self-awareness and helps you take control of the unconscious patterns holding you back.

If these questions sparked some curiosity and understanding for you, pick up a copy of **“FROM GOOD TO GREAT ATHLETES JOURNAL”** and dare dive deeper. **3A Athletics** exists to transform the landscape of youth sports into a place where we all thrive. See you on the field.



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