

# Trapped Inside the Box



# Why are we here?

We want to discuss and help you on your journey in life and give you the best chance of success. Everyone is here today because they have a fantastic opportunity to play football and be educated in a sector that they enjoy, but who has thought about the what ifs?

What if I don't make it?

What if I get injured?

What if it gets to much?

The reality of it is you have very limited time to achieve your goals and we want you all to understand how to cope with these pressures.





# Mental Wellbeing



With everything that is going on around you and the pressures and strain you are under; it is important more than ever to take care of your mental wellbeing.

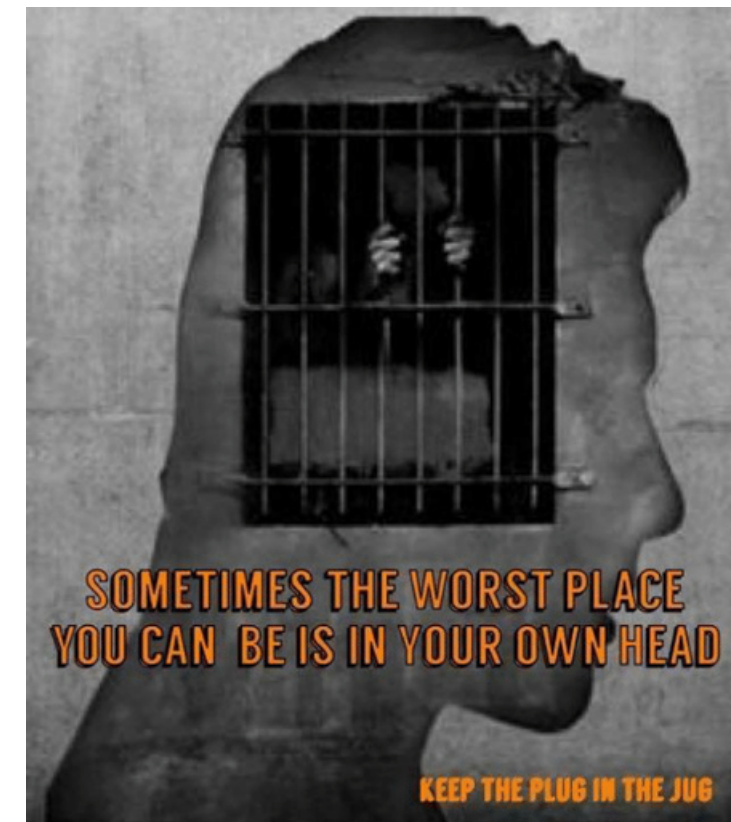
Your mindset and how you feel can impact your life more than you can imagine.

Look out for signs in yourself and each other.

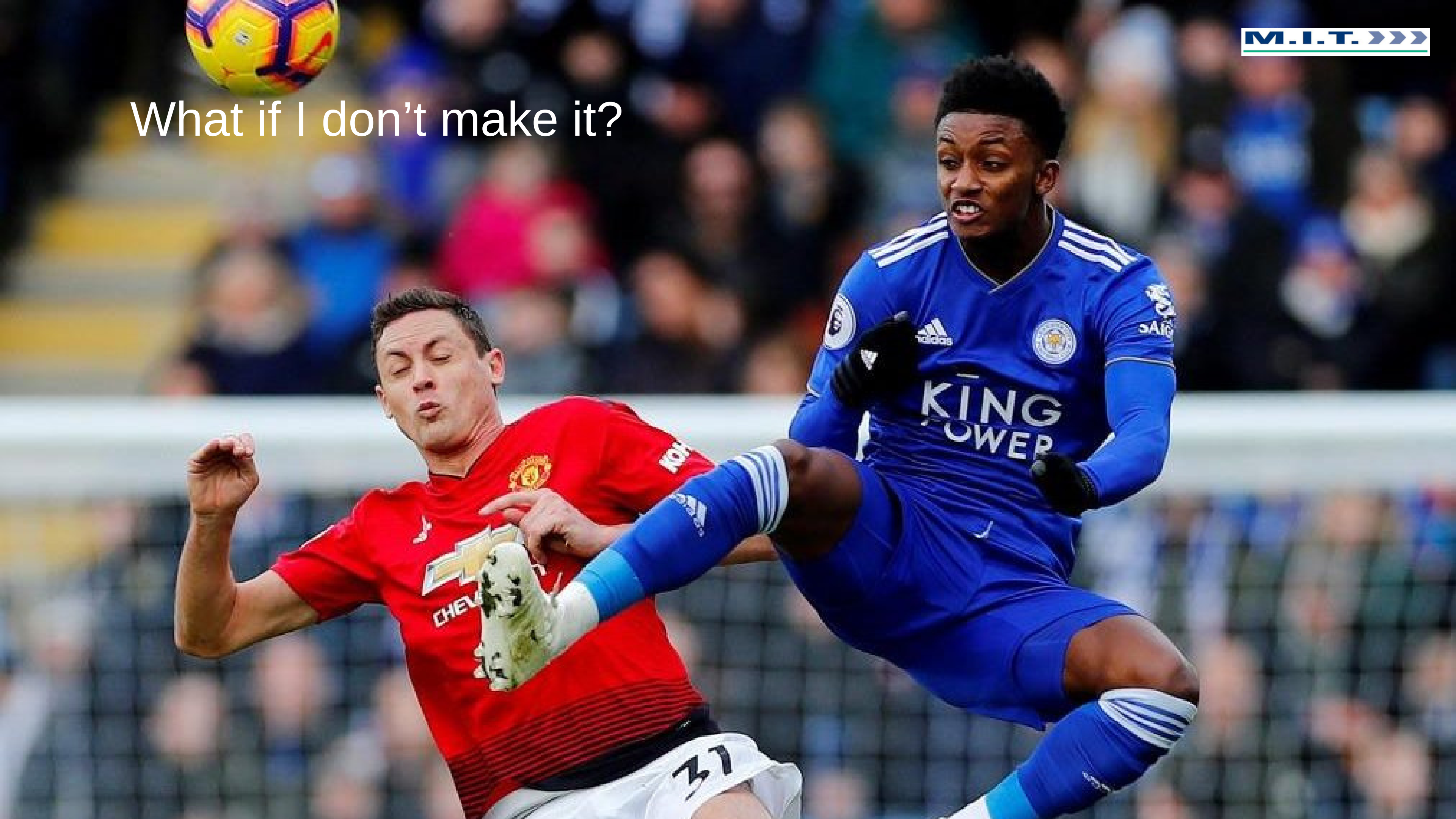
It is a lonely and dark place to feel isolated, anxious, depressed etc. and can lead to a much worse problem.



Watch this video



What if I don't make it?



# What if I don't make it?

In academy football, you're up against the odds before you even kick a ball. Only 1% of players will go onto making it in professional football. That is only 1 in every 100 players.

Don't think you can wait or hold anything back. Do everything you can to give yourself the best chance to achieve your goals.

Have no regrets!

Every young player dreams of playing at the highest level, but out of the 1.5 million players in youth football only 180 players will achieve the dream of playing in the Premier League. That's 0.012%!!

That's not to say you're going to fail. You have limited time to achieve your goals. **WORK HARD** and never give up!

“...we think that if we just do the bare minimum, we'll be satisfied, and everything will be alright.”





In our lives, we think that by just getting by, just doing the bare minimum, cutting corners, will bring us success and happiness. But by doing this we always fall short! We get found wanting and always stumble. There was always a hurdle too big!. Though we tried as hard as we could to get ourselves over the hurdle, we never succeeded. In the end, we realised that we lacked the power or the mindset; it would take us changing our ways and accept that sometimes when there is a wall in our way, we must go through it rather than over or around!

No cutting corners, No cheating, just pure hard work, grit and honesty.

So, we altered our mindset, and we stopped trying to fill the emptiness in our gut with *things*.

We started doing the right things that would bring us success, strength, and direction. We surrendered to ourselves to begin the process of filling our inner void. We stopped grabbing things and started receiving the free gift of love and pride we have for ourselves, the respect we deserve to show ourselves. Slowly, our inner emptiness was being filled.

Now that we have this mindset, what do we do with it? We must remember that love grows only when it is shared. In which world do we choose to live? One in which we help ourselves and others become better, striving to be the best we can all be everyday. Or a world where selfish actions and minds allow things to happen, to cheat, cut corners and ultimately stumble at the first hurdle?





**Just for today:** I choose to live in the  
fullness of my life I will celebrate my  
conscious contact with myself and find  
my understanding by freely sharing  
and helping others.







## JUST FOR TODAY.....

Each morning we will spend 15 minutes focusing on mental health and having a positive mindset. We will do this by completing a series of small tasks and reading a short passage from the “Just for Today” book.

Each of you will write down “Just for today I will.....” and finish the sentence with 3 of your own promises. We will discuss everything in the group openly. We will also be focusing on your WHY.

Why you chose the course?

Why you strive to achieve your goals?

Why you work hard?

Why you want to be successful?

Why are you motivated?

At the end of each day, we will discuss if you have kept the promises made to yourself and if not why, and what can we improve individually and collectively.



# Give yourself the best chance to succeed



You are all here because of 2 things.  
TALENT and POTENTIAL.

However, neither of these things determine whether you become  
successful or not.

We want to give you the tools and hopefully help your mentality on what  
it takes to become successful.

Never judge your own success against someone else's or you just set  
yourself up to fail.

The only way you can truly achieve your goals is through HARD WORK  
and maintaining the correct mentality.

During your time in football and education, things will go wrong, as they  
will no doubt in your entire life. But it's how you react to mistakes and  
failures that will determine how successful you become.





# Group task



Make a list of everything you believe success to be.

Write down next to these things what you think you have to do to achieve this.



Watch the video

GREATNESS





**This opportunity is  
the most amazing  
learning curve you  
have, IF you take the  
chance and make  
sure every day you  
fulfil your goals.**

Work as hard as you can for as long as you can and use your TIME wisely, because it passes in the blink of an eye.

Our aim here is for you all to have a bigger picture. A different outlook on life, because the football world is in its own little bubble. Whether you are or are not successful here, will not determine how successful you are in life. After this is over, you will either progress to professional football, further education, university or you will have to face the world.

DO NOT let the hard work stop.  
Because for you, THIS IS JUST THE  
BEGINNING!!!!

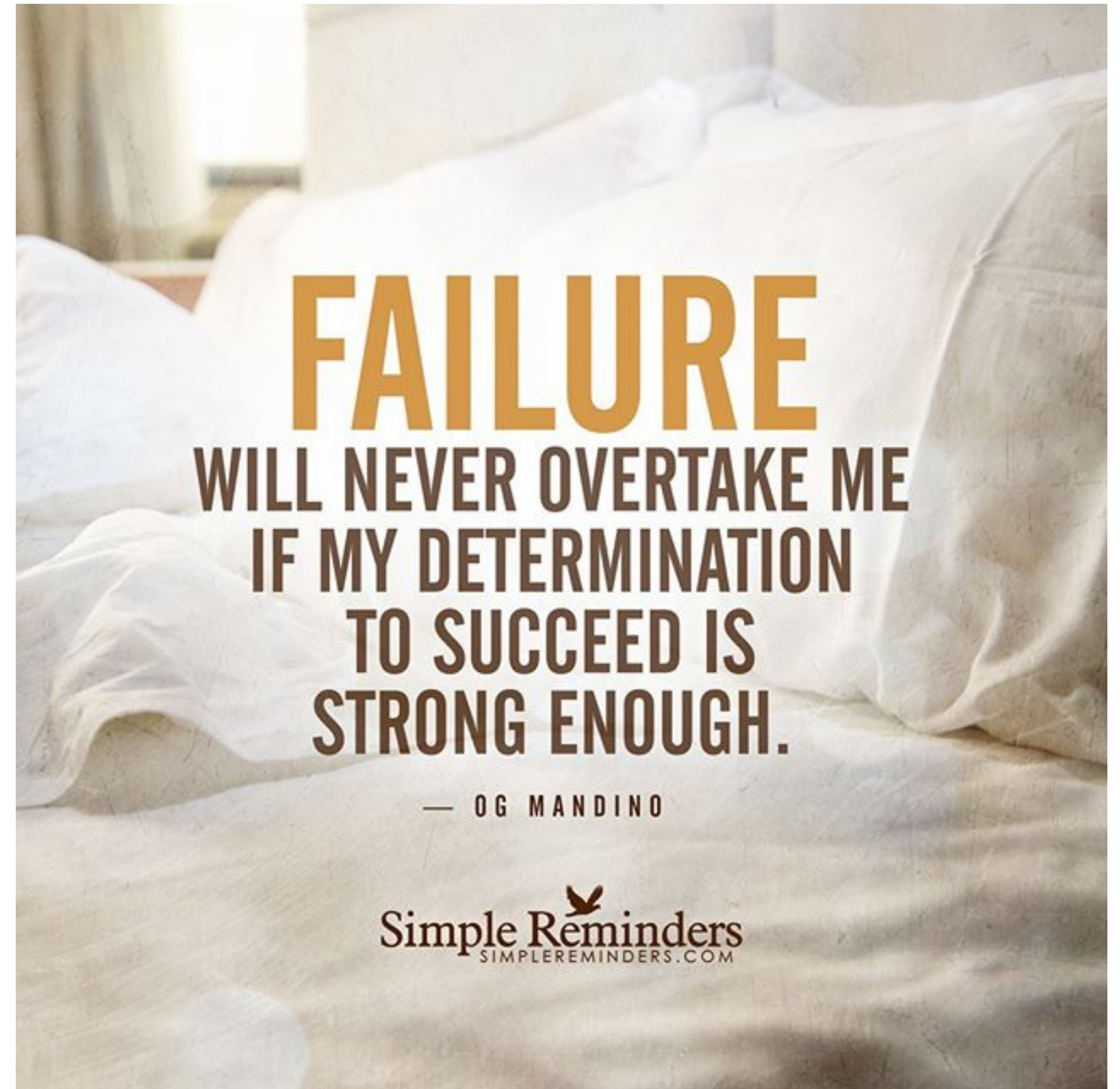




# Find reasons not excuses!



Write down a list of all the reasons you can think of to succeed and all the excuses that you have given yourself.





TIME, the most precious  
thing in life, no matter what  
journey you are on, what  
profession you choose



It's the biggest thing that when  
used wisely and productively gives  
you the best chance of success and  
enables you to help others.  
Think of TIME as an investment  
and as a gift! The biggest  
investment you can make is in  
yourself and the greatest gift you  
can give someone is TIME.



**THE GREATEST GIFT  
YOU CAN GIVE  
SOMEONE IS YOUR  
TIME  
BECAUSE WHEN YOU  
GIVE YOUR TIME,  
YOU ARE GIVING A  
PORTION OF YOUR LIFE  
THAT YOU WILL  
NEVER GET BACK.**

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# Be honest about your day

Individually write a brief summary of your average day. From waking up in the morning to going to bed, include your daily routine and habits.

What could you do to utilise your time better?

How could you gift time to someone to help them?





# Reflection

WHAT MATTERS MOST  
IS HOW YOU SEE YOURSELF.



If you think of your life as a journey, when you look back at your achievements and everything you have experienced, can you reflect and say that each day you got the most out of yourself, can you say you did everything you wanted? Did you work as hard as you could to achieve your dreams?

Life can be taken away in the blink of an eye.  
Don't wait for tomorrow, do it right now!



# Regret



Don't wait for something to happen!  
You must be decisive and believe in yourself. Mistakes will happen, but you are more in control of the outcome than you think. Sometimes things will happen that go against you, in football or in the real world. Look back and have no regrets because everything you do or don't do now will impact you for the rest of your life. Work hard but more importantly work smart! By being ignorant to the 'What If's you are gambling with your future. Use your time wisely, reflect on each day and make sure you regret nothing!



# The Crossroads





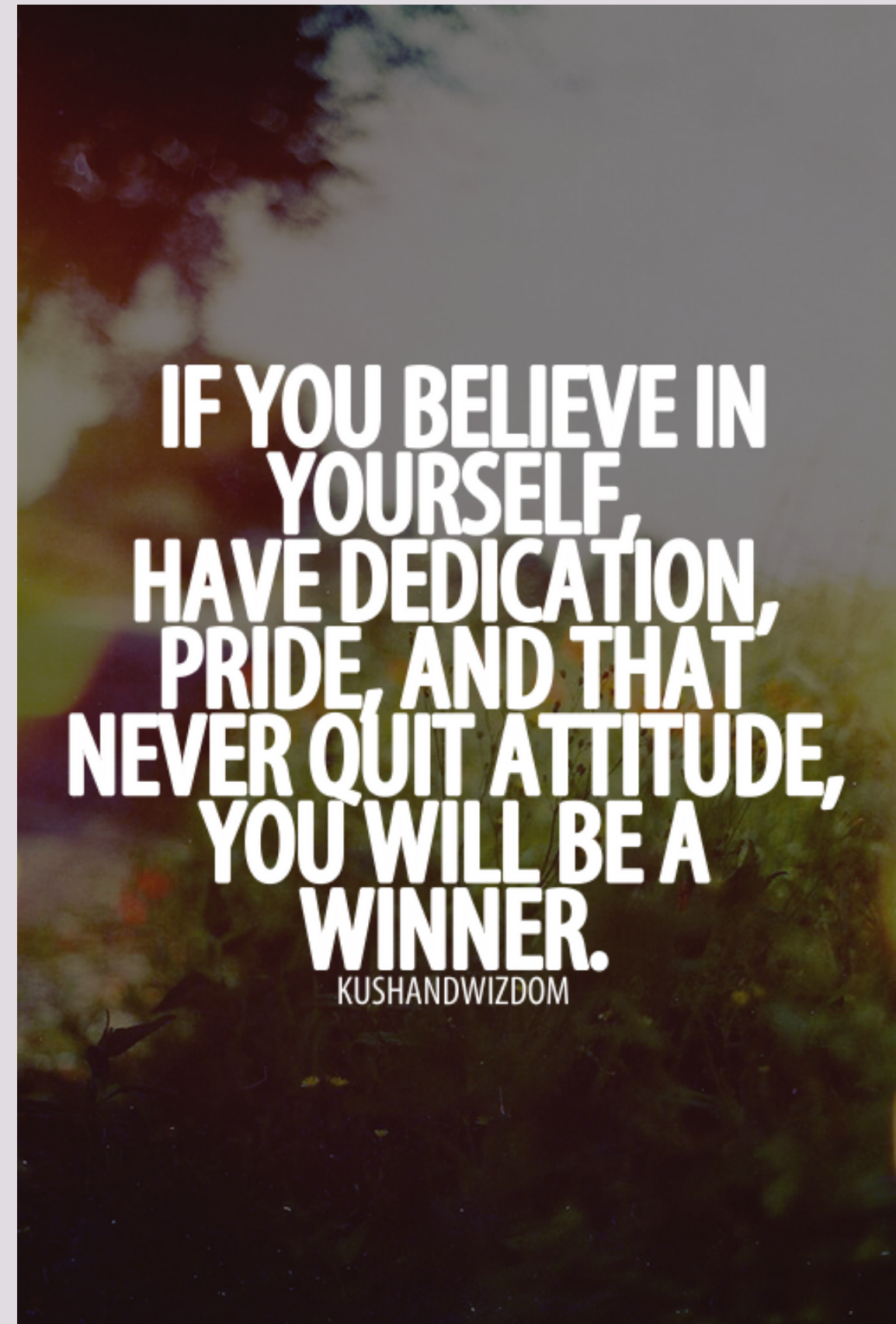
# Which direction are you going in?

A loser  
Points finger  
Makes fun of winners  
Moans  
Blames others  
Doesn't change  
Lazy  
Doesn't do extra work  
Thinks everything will happen



Driven  
Motivated  
Works hard  
Works extra  
Makes things happen  
Doesn't wait for others  
Looks in the mirror first  
Gets on with things  
Accepts setbacks  
Resilient  
Leader  
A WINNER!!!

BE A WINNER EVEN  
WHEN NO ONE IS  
WATCHING AND  
You're  
SURROUNDED BY  
LOSERS!



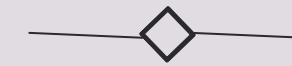


**"Success is what comes after  
you stop making excuses."**



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## Ask yourself 3 questions



Am I doing everything I can  
today to succeed?  
What can I do better?  
Could I do more?

# Set yourself achievable targets

Educate yourself and plan for your future.

Football will not last forever. Take time for yourself and focus on your mental wellbeing.

Spend time thinking about the positives rather than dwelling on the negatives.





## Final word

Don't gamble your future, leave nothing to chance.

Don't wait for tomorrow or for someone to do things for you.

Take control of your life and do things today that will have a positive impact on your tomorrow!



Don't wait for the  
**PERFECT MOMENT**  
**take** the moment and **make** it  
**PERFECT**