



When things get tough, it's natural to try and figure out an easier way to do a task.

But, before doing something that might help us accomplish a short-term goal more easily, it's important to think about how that decision will affect us long-term.

To make choices like this easier, try and always think through the six steps of the decision-making process:



SHORTCUT SWITCH UP

As a competitive athlete, you will be faced with many opportunities that could potentially make you stronger, faster, or better at your sport. Sometimes, it's not easy to identify which of these shortcuts are good to take and which are harmful.

To practice identifying shortcuts that only offer short-term gains and will hurt you in the long run, unscramble the words in the bank below, plug them into the appropriate sentence, then circle if they are a good (**G**) or bad (**B**) shortcut.

Word Bank: FFETRO ENIROPT MERT YDITENFI PPSNEMTELU REHAT TOURKOW

1. When considering a shortcut, take the time to first _____ the problem. **G** or **B**
2. Drinking energy drinks for a sudden boost of energy and hoping they also don't give you anxiety or damage your _____. **G** or **B**
3. Eating lots of _____-rich food to put on more muscle. **G** or **B**
4. Giving less _____ during the day's final drill because you worked hard at the beginning of practice. **G** or **B**
5. Buying a _____ from a pharmacy that has ingredients ending in -ol, -diol, or -stene. **G** or **B**
6. Reviewing your _____ numbers to figure out how to increase your strength levels more rapidly. **G** or **B**
7. Thinking about a potential shortcut's benefits for this season instead of its long-_____ effects. **G** or **B**