



JD PSYCHOLOGY

SPORT • PERFORMANCE • WELLBEING

Taking your **Strengths** into Racing

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Sport & Performance Psychologist



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<https://www.youtube.com/watch?v=qXZ-z3VrDwc&t=7s>



What strengths did Sifan show?



PHYSICAL?

(Body / fitness)

TACTICAL?

(Race decisions / awareness)

MINDSET?

(Attitude, focus, managing emotions)

TRAINING HABITS?

(Commitment & Discipline)

TEAM PLAYER?

(Attitude/actions towards team-mates, competitors, coaches, support team)

LIFESTYLE?

(e.g., Sleep, nutrition, hydration, rest & recovery, screentime)



Sifan Hassan



"When I woke up this morning I was telling myself I was stupid to run a marathon, and what is wrong with me... I was so scared I even cried."

"I wasn't thinking about winning or how fast I was going to be and I think that was a good thing for me today. I don't challenge myself to be better than someone else, rather better than myself."

"Challenging yourself is hard work, but its okay to be scared, have doubts and be worried. Just don't run away and quit. The real race begins when the pain starts."



What examples of **STRENGTHS** can you think of within these categories?



PHYSICAL?

(Body / fitness)

TRAINING HABITS?

(Commitment & Discipline)

TACTICAL?

(Race decisions / awareness)

TEAM PLAYER?

(Attitude/actions towards team-mates, competitors, coaches, support team)

MINDSET?

(Attitude, focus, managing emotions)

LIFESTYLE?

(e.g., Sleep, nutrition, hydration, rest & recovery, screentime)



Write down your **top strength**
in each category



STRENGTHS 

PHYSICAL 

TACTICAL 

MINDSET 

TRAINING HABITS 

TEAM PLAYER 

LIFESTYLE 

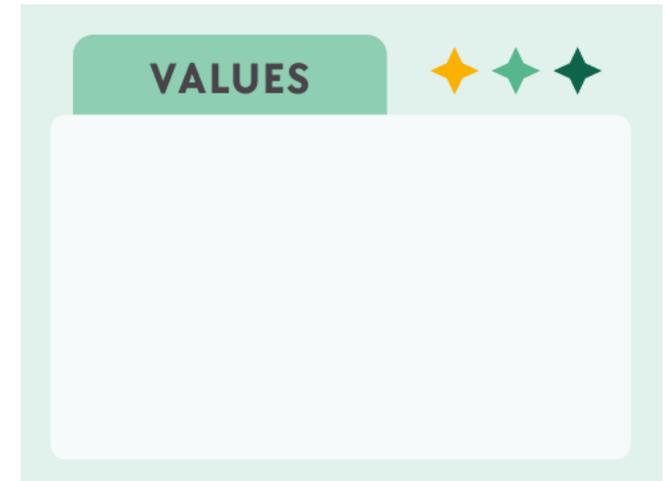
Values (what you stand for / what you want to be known for)



"I run because I love it. It brings me joy and fulfilment, and I want to share that with others.

Running has given me so much, not just as an athlete but as a person. It has been a way to connect with people, tell my story, and to show that no matter where you come from, you can achieve something meaningful.

I'm a very curious person... I really like a challenge. It motivates me."



Values examples



Calm	Discipline	Bold	Consistent	Curious
Committed	Humble	Respect	Passion	Fun
Attacking	Role-model	Inner-strength	Driven	Connected
Honest	Proactive	Positive	Mastery	Fair
Dedicated	Learning	Gratitude	Effort	Adventure
Progress	Patience	Courage	Sportsmanship	Communication
Humour	Creativity	Reflective	Mindful (Being 'in the moment')	Challenge

How can you use your strengths?



USING MY STRENGTHS



WHEN I FEEL NERVES / PRESSURE
BEFORE A RACE, I WILL...

WHEN A TRAINING SESSION / RACE
FEELS TOUGH, I WILL...

WHEN A TRAINING SESSION / RACE
DOESN'T GO TO PLAN, I WILL...

A bit of fun! - Your "Identity"



IDENTITY



King /
Queen of the
mountain

Negative
split Ninja

Quiet
Assassin

Sprint
Sniper

Comeback
Kid

The
Diesel

Strong
kicker

Hill
Demon

Consistency
Champ

Relay
Rockstar

Recovery
Pro

Turbo
Charger

Mud
Mastermind

Cool as
Ice

Endurance
engine

Goal
Getter

Hype
Hero

Training
Warrior

Laser-
focused

Tactical
Titan

Balance
Boss