**Name:** XXX

**My ultimate dream/goal in sport:** XXX

**Top qualities of mine that make me the best athlete I can be:**

* XXX
* XXX
* XXX
* XXX
* XXX

**Great past performances I have had in training and/or racing:**

* XXX
* XXX
* XXX
* XXX
* XXX

**Adversity or challenges overcome in the past that have demonstrated strength and resiliency:**

* XXX
* XXX
* XXX
* XXX
* XXX