

EXPANDING YOUR HORIZONS WORKBOOK



NZRPA BY THE PLAYERS
NEW ZEALAND RUGBY PLAYERS ASSOCIATION FOR THE **GAME.**

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Self-identity

Expanding your horizons

Expanding your horizons and navigating change are both constant parts of growing as a person.

Why do you think it is important to keep expanding your horizons in life?

If you think of yourself as a sailboat, waka or vaka, what is the key to expanding your horizons and successfully navigating change?

Self-identity

What do you think self-identity is? *(Hint: check out page 66 of EXPAND or page 1 of the individual Expanding your Horizons section)*

What can having a strong sense of self [self-identity] help you with?

What is it common for aspiring athletes, especially teenagers, to think their identity is based on?

Complete the sentence: Rugby is something I do, it is not _____ I am.

Write down the important things that make up your identity:

What do you think the statement “It is important that you own your truth while also accepting others for who they are” means? *(Hint: check out page 68 of EXPAND or page 3 of the individual Expanding your Horizons section)*



Self-identity

Can you think of a time when your identity has been challenged?

Write down an example of how you can talk more positively to yourself:

Is self-identity something that continues to develop throughout your life? (Circle one) Yes No

Complete this sentence:

BE YOURSELF . . . BECAUSE EVERYONE ELSE IS _____ !

Culture

Write down how understanding your culture can give you a greater sense of self-identity and be very rewarding: *[Hint: check out page 68 of EXPAND or page 3 of the individual Expanding your Horizons section]*

What are the positives you take from your culture, history and family?

Write down any pressures you find challenging around your family or culture:

What would you like to learn about your history or family?

How will you go about doing that?



What does success look like for you?

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What do you think success is? [Hint: check out page 70 of EXPAND or page 5 of the individual Expanding your Horizons section]

What does success look like for you in the short term (next two years)?

How do you think you will achieve that short-term success? What steps do you need to take?

What does success look like for you in the medium term (next five years)?

How do you think you will achieve that medium-term success? What steps do you need to take?

What does success look like for you in the long term (next 20 years)?

How do you think you will achieve that long-term success? What steps do you need to take?

Palliative care nurse Bronnie Ware writes about the main regrets of people who are dying in her book, *The Top Five Regrets of the Dying*. These are listed below.

Circle the ones that are important to you or those which you want to improve on or focus on in your life:

I wish I'd had the courage to live a life true to myself, not the life others expected of me.

I wish I hadn't worked so hard.

I wish I'd had the courage to express my feelings.

I wish I had stayed in touch with my friends.

I wish that I had let myself be happier.

Drive yourself along the path that leads you to your own vision of success.



Replace fear of failure with hunger for growth

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Failure – live with it and learn from it.

You don't win every game in your rugby career and real life is no different.

What are the biggest challenges you have already faced in your life?

What did you learn from facing those challenges?



An important part of life is accepting and understanding that you will experience failure and that not everything will go according to plan, but it is what you learn on the journey that is the most valuable. Failure is where transformation happens.

Name two of the world's most successful people who have experienced failure:

1. _____ 2. _____

Complete the sentence:

Just because you _____ at something does not mean you are a failure. It means you are _____ and _____.

Failure is where most GROWTH and LEARNING occur.

What is something you have always wanted to try but haven't?

What has stopped you trying it?

When things are not going right, remember that it will not last forever either, so change the word failure into growth.

F _____ A _____
I _____ L _____

Write down the quote you like the most from either Thomas Edison or Albert Einstein: *[Hint: check out page 71 of EXPAND or page 6 of the individual Expanding your Horizons section]*

Building your team

Building your team

It is important to surround yourself with good people and, just like in your rugby team, you need to build yourself a team that you can trust and depend on to help you through your journey.

What does having a good network outside of rugby do for you?

[Hint: check out page 72 of EXPAND or page 7 of the individual Expanding your Horizons section]

Write down the names of the closest people you have in your team, including family, partner and friends:



Write down the people's names who are in the outer circle of your team including your agent, lawyer, accountant and mentors:

Write down the names of other people you have in your circles. [This could include your PDM, NZRPA, doctor, insurance broker, financial adviser, banker etc.]:

When it comes to your finances, who should you make sure you get independent advice from?

Before choosing a financial adviser what should you do?

Accredited Agents

The New Zealand Rugby Players' Association recommend players use what sort of agent?

What makes an NZRPA Accredited Agent different from other non-accredited agents?

It is important that the person who handles your rugby contracts has what comprehensive knowledge?

What is the NZRPA Agent Charter?

Building your team

Where can you find a copy of the NZRPA Agent Charter and a list of accredited agents?

Mentors

What is a mentor? _____

Who are your mentors? _____

If you don't have one, who in your life do you think would be a good mentor for you?

Lawyers and accountants

What services do lawyers and accountants provide? *[Hint: check out page 73 of EXPAND or page 8 of the individual Expanding your Horizons section]*

Do all lawyers and accountants do all things? [Circle one] **YES** **NO**

If you are going overseas to play, what knowledge should your accountant have?

What is the best way to find out what your lawyer or accountant is going to charge you? [This is not a trick question!]

Name two ways you can find a lawyer or accountant:

1. _____ 2. _____

Changing people in your team

It is important you have a solid team that offers a variety of skills and people you can learn from.

What value do the people you have in your team add to your life? Can you count on them?

Ultimately, the decision about who you work with lies with you.

Do you think you need to add or remove people from your support team? [circle one] **YES** **NO**

Are there any skills missing from your team? [circle one] **YES** **NO**

If you think there are gaps, list the skills you want to add to your team:

Developing good decision-making processes

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In life, you will constantly have to make decisions. Some will be bigger than others and, in certain stages of your life, they'll affect more than just you. As a result, it is important that you develop robust decision-making processes.

Complete the sentences:

The key to developing good decision-making is being _____ with yourself.

It's best not to make major life decisions during times of _____ – avoid making big decisions until you have recovered.

List the 5 steps to good decision-making:

Step 1: _____

Step 2: _____

Step 3: _____

Step 4: _____

Step 5: _____

What are five other tips for making good decisions?

* List _____

* Who _____

* What _____

* Take _____

* When _____

List a few people you trust and respect, who have life skills and experience and would be good for you to talk to when you have to make major life decisions:



Planning

Having plans and strategies in life can enhance your ability to achieve your goals. Just as having a game plan on the field is important, having one off the field is important too.

What does having multiple plans for different outcomes do to your stress levels?

It has been proven that if you plan and research and tap into the help available through your personal development programme, your second career will be what?

You can employ a useful strategy in life by having a plan A, B and C.

Write down three different loose plans according to three different scenarios:

1. If I have an overseas rugby contract I will: _____

2. If I have a New Zealand rugby contract, I will: _____

3. If I have no contract or retire, I will: _____

How stress affects your decision-making

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Through adversity comes the opportunity for growth

Through the changes and challenges you experience, you develop resilience, you grow and you learn about yourself.

Think of a previous major life-changing event you have been through and write down what you learned from it:

Being in a state of heightened emotions can affect what?

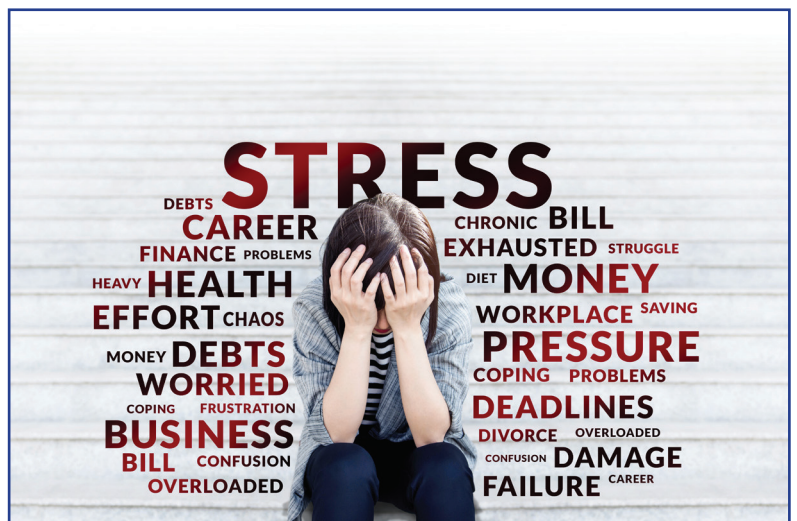
Write down what research has proven to be the most stressful situations: *[Hint: check out page 75 of EXPAND or page 10 of the individual Expanding your Horizons section]*

- | | |
|---------|---------|
| 1 _____ | 2 _____ |
| 3 _____ | 4 _____ |
| 5 _____ | 6 _____ |
| 7 _____ | 8 _____ |

There are plenty of other life stresses including being off contract, changing careers, financial challenges, birth of children [due to the change in lifestyle and sleep deprivation], emotional problems and family issues, so it's important to make sure you have the right support so you have the tools you need to work your way through these issues.

List five simple strategies that can help you deal with stress:

1. _____
2. _____
3. _____
4. _____
5. _____



Basic strategies to help you cope with major life events

Basic strategies to help you cope with major life events

From the list below, pick out two major life events you have experienced and write down three strategies that helped you cope with them:

Death of a loved one _____

Divorce/separation _____

Getting married _____

Moving house/city/country _____

Major illness or injury _____

Job loss _____

Retirement/transition _____

Imprisonment _____

From the list above, pick out one major life event you've been through and write what it helped you to learn about yourself:

If you need support for any of these events or other things going on for you, where can you find a list of helpful numbers and websites? *[Hint: check out the bottom of page 76 of EXPAND or page 11 of the individual Expanding your Horizons section]*



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