



WELLBEING Wednesday

Welcome to Wellbeing Wednesdays

Welcome to Wellbeing Wednesdays! Each week, we'll share practical tips and fresh inspiration to help you feel your best, mentally and physically. At Sports Connect, we know that when we prioritise wellbeing, we thrive together. It all starts with small actions and supporting each other along the way



This weeks topic Underachievement

This week, we're exploring underachievement, something we all experience at times. It's easy to be hard on ourselves when we fall short, but these moments don't define us. They're part of growth, reflection, and resilience. At Sports Connect, we believe setbacks can be stepping stones. Let's reframe underachievement not as failure, but as fuel to learn, adapt, and move forward with purpose.



Upcoming Events

- 12th July - Imagine The Beatles - Summer 2025 on Herne Bay Pier
- 13th July - Kent Spitfires & Kent Women will play two T20 matches on the same day at The Spitfire Ground, St Lawrence!
- 19th - 20th July - Cherry Fair - Brogdale Farm, Faversham.
- 21st July - Summer dried flower wreath workshop - Happy & Glorious Canterbury



Tips to help

To Cultivate Growth Mindset...



Try to reframe
Mistake as a
Chance to Grow



And
Replace "Failing"
with "Learning"

Reframe the Narrative

Don't see underachievement as failure, see it as feedback. Every stumble holds a lesson.
Ask: What can I learn from this?

Focus on Progress, Not Perfection

Small wins matter. Celebrate effort, growth, and consistency. You're further ahead than you think.

Challenge the Inner Critic

Replace "I'm not good enough" with "I'm still learning." Self-talk shapes your mindset, make it encouraging.

Reset Your Goals

Sometimes we fall short because our goals need adjusting. Make them clear, realistic, and aligned with your values.

Keep Moving Forward

Don't dwell, refocus. One step, one task, one moment at a time. Momentum builds confidence, and confidence fuels achievement.

