



OLYMPIC LAB

In partnership with  lululemon



**BURN
FIERCELY,**

**BURN
BRIGHTLY.**

This is where it starts. Where your ideas, commitment, and desire to prepare come together in one place. Where Canada's best athletes and coaches and staff can share, learn, and lead in the pursuit of an ideal performance — together. This is where the journey to the 2022 Winter Olympic Games begins as one, united team.

Olympic Lab is yours, so make the most of it. Use this book to help you know your best self in the Games environment, so you can burn brightly and burn fiercely when you need to.

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“Knowing exactly what you want to do, with unwavering conviction, is the spark that generates everything.”

— *Deepak Chopra*

Our goals are different, and our reasons are personal. Together, they can be powerful. So, to arrive at the 2022 Winter Olympic Games as the best versions of ourselves, we must first know, define, and experience who we are and what we want — as individuals. That knowledge will spark fierce potential if you are honest with yourself and your team.



SET THE SPARK



SPEAK TRUE

Identify three things that are undeniably true about your personality.

What values define the kind of person you are?



CARRY CONTEXT

What absolutely irritates you?

What are three things that bring you back to a place of calmness when you feel stressed?

Finish this sentence. "I am at my best when..."



HAVE CONVICTION

Describe the approach you will have on arrival at Olympic Lab.

"My attitude is..."

"I'm going to contribute ..."

"I will take away..."

Describe the approach you will have on arrival at the
2022 Winter Olympic Games

"My attitude is..."

"I'm going to contribute ..."

"I will take away..."

*“Set your life on fire. And seek those
who fan your flames.”*

— *Rumi*

When we are united, our individual strengths multiply; our confidence and certainty spread wide. And at the heart of this force is you. Your true self. Share it with honesty and receive the same from people you believe in. This is how Team Canada assembles, with deliberate pride.



**FEED
THE FLAME**



FIND YOUR FUEL

What should people know about you when trying to communicate with you?

What is the optimal way for your team to get an effective response from you?

When and/or why would you not respond well to communication?



CONTRIBUTE WARMTH

Describe the best way for someone to deliver hard or extremely important news to you.

How will you prepare to give and receive effective communication in the Games environment, especially when timeliness and clarity are most essential?

How would you deliver hard or extremely important news to yourself?



ILLUMINATE THE PATH

Name three specific potential Games distractions that could affect your performance.

1.

2.

3.

Name three specific actions you will take with your team to ensure you will manage these distractions in an ideal way.

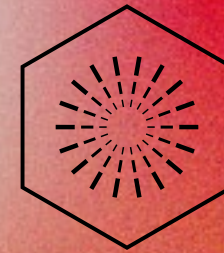
1.

2.

3.

“Of a small spark, a great fire.”
— *Chinese proverb*

The 2022 Winter Olympic Games environment will be the same for everyone. Your teammates. Your competition. But only you know what absolute preparation looks like for you... To understand your relationships and surroundings... To burn through obstacles with direction and purpose... To adapt to your surroundings without friction or conflict... It's your fire to ignite when the time is right.



IGNITE THE INFERNO



BE THERE, NOW

What is (usually) happening around you when you are at your best?

Describe the ideal environment. What does it look like?

Describe the emotions you feel when you are at your best?

How would others describe you, when you are at your best?

What tone do you take with yourself, when you are at your best? What does your internal dialogue sound like?

How will you prepare to remain calm, present, and personally connected to your surroundings at the 2022 Winter Olympic Games?

What is one thing you will do on-site to deal with abnormal circumstances in your Olympic environment?



KNOW YOUR CHAMPIONS

Name three potential games-environment challenges for which the solution would be out of your control.

1.

2.

3.

Identify the people on your team who can best help you deal with each challenge and explain why.

1.
because ...

2.
because ...

3.
because ...

What individual contribution will you make to ensure teammates can best manage their Games-time distractions?



PERFORM IN CELEBRATION

Describe the emotions you have today about performing at Games?

How do you want to feel on the day(s) of your performance at Games?

What are you prepared to do to achieve and sustain that feeling?

How do you want to be remembered as an Olympic athlete, coach or staff member?

Thank you for making this Olympic Lab so memorable. We hope you use this self reflection, exploration and observation as a personal advantage in your preparation.

Overall, what are your reflections from this Lab?

What will you bring to your coach or MPC to delve into, talk more about and use to continue preparing in your own way?



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