

EARTH SOLDIER

EVALUATION Journal

A poetic Critique of an Athlete's
Imagination



Don Robinson

Field to Life Playbook: 5 Day Planner

Page 1: Leap Into Action

- **Title:** Field to Life Playbook
- **Subtitle:** Merging Athletic Training Principles with Life Goal Setting
- **Motivational Quote:** "Train your body, train your mind—both shape your destiny."

"True victory is living aligned with that purpose."

Read pg. 2. Find the context that relates to you.

Your Thoughts Below:

Page 2: Daily Warm-Up (Morning Reflections)

Title: "Start Strong: Set the Tone for the Day"

- **Motivational Statement:** "Every champion starts with intention."

- **Sections:**

- **Mindset Focus:** (What's my primary goal today?)
- **Physical Activation:** (What movement will energize me?)
- **Top Three Priorities:** (Key tasks that align with my goals)

"It's where the initial energy, thought, and moment takes full shape in the body, in movement, in action." Read pg. 6. Find the context that relates to you.

Your Thoughts Below:

Page 3: The Game Plan (Midday Strategy Check-In)

Title: "Adjust & Adapt: Winning Requires Strategy"

- **Motivational Statement:** "The best athletes pivot, so do the best planners."
- **Sections:**
 - **Progress Check:** (What have I accomplished so far?)
 - **Challenges Faced:** (What obstacles have come up?)
 - **Quick Adjustment:** (What small change can I make to stay on track?)

"Challenges test our will to survive, but they also ignite the fire to thrive." Read pg. 2. Find the context that relates to you.

Your Thoughts Below:

Page 4: Post-Game Analysis (Evening Reflection)

Title: "Learn & Improve: Reviewing the Day"

- **Motivational Statement:** "Small wins build championships."
- **Sections:**
 - **Biggest Win:** (What went well today?)
 - **What Needs Improvement:** (What could I have done better?)
 - **Recovery Plan:** (How will I rest and reset for tomorrow?)

“It wasn’t just about winning—it was about discovering who I was beneath the uniform.” Read pg. 5. Find the context that relates to you.

Your Thoughts Below:

Page 5: Weekly Scoreboard (Goal-Tracking & Growth Log)

Title: "Measuring Progress, Building Momentum"

- **Motivational Statement:** "Success is the sum of daily efforts."
- **Sections:**
 - **Wins of the Week:** (List key achievements)
 - **Lessons Learned:** (What insights did I gain?)
 - **Next Week's Game Plan:** (What's my focus moving forward?)

"I visualized it so vividly that, during games, it felt like muscle memory, as though I was living something I had already practiced a thousand times in my mind." Read pg. 19. Find the context that relates to you.

Your Thoughts Below: