



Getting the Reps with: Paralympian Nicky Nieves

Confidence through Repetition

Key Takeaways

- What helps when entering a new environment or learning something new is getting the repetitions and learning what works for you.
- Discomfort Zone: when you're uncomfortable, that's when you grow and get better.
- Other tips: reach out for help or look to other people who have done it to see what they did.

Things to Think About

- Does getting reps help build your confidence? Why?
- Can you tell the difference between something feeling uncomfortable because it's wrong for you vs because you're still learning?
- When you're uncomfortable do you push through it or do you let it stop you from trying to learn?

Ways to Practice

- What's one way you're going to build confidence through getting the reps in training this week? Hold yourself accountable and keep going when it gets uncomfortable.
- What's one way you're going to get the reps in another area of your life this week?

