

Worksheet 5: Parents' and/or caregivers' drive system

How they approached drives	Tick/cross	Sources of excitement & positivity	Tick/cross
Organisation/pre-planning		Sporting pursuits	
Time punctual		Competitive activities	
Late/chaotic/rushed		Holidays	
Messy		Work-related activities or feedback	
Doing everything themselves without help		Friendships	
Completer/finisher		Religion	
Perfectionism		Meals out	
Starting but not finishing		Days out	
Delegating tasks to others		Receiving positive feedback from your teachers, coaches or club leaders	
Music		Other:	
Other:		Other:	