

Full Expression Workbook

A Companion Guide to

Why So Many Athletes Never Fully Step Into
Who They're Capable of Being

Before You Start

This is not about becoming someone else.

And it is not about forcing confidence, leadership, or performance.

This workbook is about seeing something more clearly.

Because a lot of athletes already have more capability, leadership, confidence, and presence in them than they are currently allowing themselves to express.

The issue is often not potential.

It is internal contraction.

The places where you:

hesitate

hold back

second-guess yourself

stop trusting yourself

or become smaller internally in moments that matter

This workbook is designed to help you begin recognizing where that happens—and what may actually be underneath it.

Not perfectly.

Not all at once.

Just honestly.

Movement 1 — Recognizing Where You Shrink

A lot of athletes know there are moments where they stop fully stepping into themselves.

The question is:
where does it happen for you?

Think about a recent moment in your sport or life where you felt yourself pull back internally.

Not your best moment.
Not your worst.

Just a real one.

A moment where:
you hesitated
held back
became uncertain
stopped trusting yourself
or did not show up the way you wanted to.

Describe the situation:

Now answer this honestly:

What shifted internally in that moment or what was the story your mind told you?

What did you stop allowing yourself to do, say, express, or trust?

Now go deeper:

What felt risky about fully stepping into yourself in that moment?

Pause here.

A lot of athletes do not realize how often they internally shrink in moments where they actually want to expand.

Movement 2 — The Gap Between Who You Are and How You Show Up

A lot of athletes can feel there is more in them than what is currently being expressed.

More leadership.
More confidence.
More certainty.
More presence.

But many athletes spend years adapting around the gap instead of addressing it directly.

Now answer this:

Where do you feel the biggest gap between who you are now and who you know you are capable of being or who you want to be?

What does “fully stepping into yourself” actually look like for you?

Be specific.

How would you:

lead?

carry yourself?

trust yourself?

show up?

Where are you still playing smaller than you actually are?

What do you think is keeping that pattern in place?

Do not overthink this.
Just write honestly.

Movement 3 — Where You Stop Trusting Yourself

A lot of athletes think confidence is the issue.

But often the deeper issue is self-trust.

Because when athletes stop trusting themselves internally,
everything changes:

leadership
decision making
presence
performance
confidence

Think about the moments where you feel the most hesitant or
restricted internally.

Answer this:

What situations make you trust yourself less or judge yourself more?

What tends to happen internally in those moments?

What do you begin questioning about yourself?

Now go deeper:

What are you afraid might happen if you fully trusted yourself and stopped judging yourself?

Stay here for a moment.

A lot of athletes do not realize how much energy goes into managing uncertainty internally instead of fully expressing themselves naturally.

Movement 4 — How You Learned to Adapt Around It

This part is important.

A lot of athletes do not directly resolve internal contraction.

Instead, they adapt around it.

They:

push harder

overprepare

overthink

become hyper self-aware

try to appear more confident

try to control everything

And over time, those adaptations start feeling normal.

Now answer this honestly:

How have you learned to compensate for the areas where you do not fully trust yourself?

What do you do when you start feeling uncertain internally?

What are you trying to avoid feeling?

What would it look like to stop performing around the contraction—and actually address it directly?

You do not need the perfect answer.
Just begin seeing the pattern.

Movement 5 — Full Expression

This is where the shift begins.

Not by becoming someone new.

But by stopping the internal patterns that have been limiting your full expression.

Read this slowly:

There is more in me than what I am currently allowing myself to express.

Now write:

What would change in your life if you fully believed that?

What would change in:
your leadership
your confidence
your relationships
your decisions
your performance
your presence?

Where are you ready to stop holding yourself back?

And finally:

What is one way you can begin stepping more fully into yourself now?

What You May Be Starting To See

You may be realizing:

how often you internally hold yourself back
how much energy goes into managing uncertainty
where you stop trusting yourself or continue judging yourself
where you shrink instead of fully stepping in
how much of your leadership, confidence, and presence has been
restricted internally

That awareness matters.

Because once you begin seeing the pattern clearly, you stop unconsciously
living from it.

Final Reflection

What am I beginning to understand about myself now that I did not fully see before?

What would fully stepping into myself actually require from me?

Take your time here.
You do not need to force anything.
You just need to begin seeing clearly.

If You Are Ready For Deeper Work

Awareness is the beginning.

But there is a difference between recognizing these patterns and learning how to stop living from them.

That is where the deeper work begins.

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