



WHY DO I STILL FEEL LOST AFTER SPORT?

The 5 Shifts every former athlete experiences and how to rebuild your Identity, purpose & confidence beyond competition.

BY RACHEL BLOGG

Identity Coach | Licensed Psychotherapist



A LETTER FROM RACHEL

I see you.

If you're reading this, I'm guessing there's a part of you that still misses the person you were when you competed.

From the outside,
your life looks good.
But something still
feels off.

**Leaving sport isn't just
a career transition.
It's an identity transition.**

This guide will help you
understand why that happens
and introduce you to the
framework I use to help former
athletes rebuild a meaningful
life beyond competition.

Let's begin.



THE TRUTH

Nobody Tells Athletes

When your career ended...
You didn't just lose a sport.
You may have lost...



STRUCTURE



PURPOSE



ROUTINE



PROGRESS



TEAMMATES



RECOGNITION



COMPETITION



COMMUNITY



IDENTITY



CONFIDENCE

REFLECTION

Which of these losses has been hardest for you?
Circle every one that applies.

INTRODUCING THE P.R.I.M.E.PROCESS™

Healing doesn't happen by
"moving on."

It happens by rebuilding
what sport once gave you-
intentionally.

That's why I created
the P.R.I.M.E. Process™

*Not to help you become
a different person.*

*To help you become
a whole person.*





PURPOSE

THE QUESTION YOU'RE ASKING..

Why does my life feel
directionless now?

Sport gave you goals, structure, and momentum.
Without realizing it, it also gave your days meaning.

Purpose isn't something you magically discover.

It's something you intentionally create.

**DBT SKILL
VALUES
CLARIFICATION**

*Instead of asking,
"What should I do?"*

*Ask,
"What matters
most to me now?"*

REFLECTION

***What did sport give you besides
competition?***



REGULATION

THE QUESTION YOU'RE ASKING..

Why can't I just get over this?

Most former athletes aren't lazy.
They're grieving.

The goal isn't to eliminate difficult emotions. It's to learn how to move through them without letting them control you.

DBT SKILL

NAME THE
EMOTION

*Instead of saying,
"I'm fine."*

*Try naming what's
actually true.*

"I'm disappointed."

"I'm lonely."

"I'm grieving."

REFLECTION

*What emotion have you been
avoiding?*



IDENTITY

THE QUESTION YOU'RE ASKING..

Who am I without my sport?

You don't have to stop being an athlete.

Being an athlete is part of your story.

It just doesn't have to be the whole story anymore.

REFLECTION

Complete this sentence:

"I am someone who..."

1. _____
2. _____
3. _____
4. _____
5. _____



MOVEMENT

THE QUESTION YOU'RE ASKING..

Why do I feel so stuck?

You didn't train because you felt motivated.

You trained because you showed up.

Life after sport works the same way.

DBT SKILL OPPOSITE ACTION

*When you feel like
isolating...*

Call someone.

*When you feel like
staying home...*

Take a walk.

*When you feel like
giving up...*

*Take one small
step anyway.*

REFLECTION

***What's one action Future You
would thank you for today?***



ENGAGEMENT

THE QUESTION YOU'RE ASKING..

Will I ever feel like myself again?

The hardest part about leaving sport isn't always the competition.

Sometimes it's losing your team, your structure, your coach.

Belonging matters. Connection matters.

You weren't meant to navigate this transition alone.

REFLECTION

*Who helps you feel like yourself,
not just a former athlete?*

IDENTITY AFTER SPORT™

ASSESSMENT

Rate each area from:

1 (*Very Little*) to 5 (*I've got this*)

LOWEST SCORE = YOUR STARTING POINT



PURPOSE

I woke up feeling my life has direction.

1 2 3 4 5



REGULATION

I Understood my emotions rather than judging myself for having them.

1 2 3 4 5



IDENTITY

I know who I am beyond my achievements.

1 2 3 4 5



MOVEMENT

When I feel stuck, I know how to move forward.

1 2 3 4 5



ENGAGEMENT

I feel connected to people, purpose, and the life I'm building.

1 2 3 4 5

WHAT HAPPENS NEXT?

THIS IS WHERE THE REAL WORK BEGINS.

Inside Identity After Sport™, I'll guide you through the complete **P.R.I.M.E. Process™** so you can:



Understand why you've felt lost since leaving sport.



Learn practical emotional regulation tools rooted in DBT.



Rebuild an identity that isn't dependent on performance.



Create purpose beyond competition.



Build structure that supports your life.



Feel excited about what's next instead of wishing for what was.



YOU DON'T HAVE TO FIGURE THIS OUT ALONE.

The version of you you're looking for isn't gone, you're still there. Together, we'll help you reconnect with yourself.

YOU'RE NOT STARTING OVER

*You're becoming who
you're always meant to be.*

READY TO BEGIN?

JOIN IDENTITY AFTER SPORT™

