The Sports Enjoyment Scorecard By Ken Reed

When it comes to sports, we all need to occasionally reset our priorities – athletes, coaches and parents. Do this: Sit down with a pen and paper and ask yourself, "Why do I like sports? What makes me happy when I'm involved in sports?"

List everything (including winning and playing well). Consider things like: being with people I like who share my passion; watching my children compete and have fun; enjoying the sporting venue (whether a beautiful golf course, youth soccer field, or classic stadium); the competitive nature of sports (win or lose); the exercise, recreation and entertainment aspects; the excitement and spectacle of sporting events, learning about myself and others, developing skills, etc.

• When you're done, give each item on your list a percent with your total adding up to 100.

This quick scorecard should help you keep winning in perspective, but more importantly, help you be happier the next time you play or watch a sporting event.