

mentality wins

THE ATHLETE'S PLAYBOOK FOR THRIVING IN SPORT & LIFE
WRITTEN BY DR. JONATHAN JENKINS & DR. KIMBERLY O'BRIEN

leadership reflection.

Values are the beliefs that guide you as a person, both in and out of sport. They're the qualities you most treasure in yourself - the things you want people to remember about you long after you're gone. Getting clear on your values and leading with them is the secret to feeling good in your own skin, both in sports and in life. The best leaders are those who act in accordance with their values, day in and day out.

Becoming a great leader with strong values involves critical self-reflection. One reflective journaling exercise, inspired by the University of Michigan's Sport Social Work Program, involves asking yourself five key questions:

- 1) Why do I lead?**
- 2) Why do I lead in the way that I do?**
- 3) What does it feel like to be led by me?**
- 4) Is my leadership worth imitating?**
- 5) What do I want to accomplish as a leader?**

Use a journal to answer these 5 questions. Take time with your answers, thinking about the various leadership roles you hold in your sport and other areas of your life. After answering these questions, think about what actions you can take and changes you can make that better align with the way you want to lead.