

## APRIL - INTROSPECTIVE

**An All Star athlete reflects on their abilities and weaknesses and then CHOOSES to lead by example.**

Concepts of being self-examining and inner-directed to better your leadership and strength as a teammate.

**Self-examining** - the thought that you give to your own character and actions. Contemplate what you bring to the team and your All Star program.

**Inner-directed** - to examine your own goals and values. Deciding that your thoughts and actions should be determined by your own values and not everyone else's.

Success can only be achieved through repeated failure and introspection.

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### WE Speak Challenge:

There are many questions that can be asked to take a self-reflective or introspection break. Some can be asked quarterly while others can be asked every day. Start with these and develop your own!

Am I using my time wisely in practice? Who can I reach out to for help with different sections or skills?

When did I push the boundaries of my comfort zone in practice? In school? In helping my community?

Answer this prompt "I really wish my coaches knew this about me in practice..."

What are my "blind spots" in being a leader on the team? Don't know what a blind spot is? Google the definition and/or attend a BOLT/MARCH Leadership Workshop.

Finally, focus on the things that are going well in practice and at school that will lead to your future success. You may have negative thoughts pop up but do your best to release them and stay focused on positive talking to yourself. List them and create 5 new goals to achieve this year on the mat and Marley and in the classroom.



I will do my part  
No matter the situation  
To ensure high character  
Every minute, hour, and day  
Giving of myself  
Respecting the sports of Cheer and Dance  
Investing in others  
To leave All Star and our Program a better place for  
You

