

DECEMBER - INTUITIVE

An All Star athlete cares for others and has the power to sense when something is bothering a teammate.

Concepts of having insight and being quick to be perceptive of a teammate's moods and feelings.

Insight - having a clear and deep understanding of a person, complicated problem or situation.

Perceptive - realizing or noticing things that are not obvious with someone or something.

The best leaders are readers of people. They have the intuitive ability to understand others by discerning how they feel and recognizing what they sense.

JOHN C. MAXWELL

WE Speak Challenge:

Being intuitive means having the power to sense when something is bothering someone. Being empathetic is one of the top leadership traits to develop. Be observant over the next week during practice and in school. Look for physical signs of stress or happiness from coaches, teammates and friends.

Take the time to help someone who is showing signs of being overworked or overwhelmed with the holiday and competition season. Discuss with your coach and team how you will all relieve stress during the upcoming season.

Create a calendar of team building games and activities to assist in relaxing everyone over the next four months.

Study different leadership styles and concentrate on learning your teammates preferred method of being a leader. A few examples are: Leading by Example • Leading by being Positive • Leading with Courage • Leading by Speaking Truth

Interested in learning more about leadership styles? Attend a BOLT or March workshop this summer.

Being intuitive means that you are not self-absorbed or living in your own bubble, you notice others around you and make them better. Use the holiday season to give back to others on your team, your program and in your community. Plan a party or service project to reinforce your commitment to giving back and serving other's needs.



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



NOW GO SHARE **YOUR** STORY OF BEING INTUITIVE TO THE NEEDS OF OTHERS USING THE HASHTAG: **#THISISALLSTAR**