

Essay – My Sports Motivation is to See the End

I help my team develop a clear sense of how we want to treat one another, what we value and what we want to become.

Each day I try to contribute in some way to the vision I have of my life as a whole.

I have confidence in myself and in my teammates.

I trust that I, and my teammates, will act in the best interest of the team, knowing that what hurts any member of the team hurts us all.

This trust in myself and in my teammates helps us understand our development and gives us the confidence to learn more.

We have identified the important skills and traits we would like our team to use.

We each exercise leadership not just by doing things right, but by doing the right things.

There are positive consequences when we act in harmony with our principles, our beliefs. This does not always mean winning a game, but it does mean being winners.

I am aware of the unseen potential in the members of my team, and I help them see and realize it.

Through imagination, I can visualize the uncreated world that lies within me and within my teammates. I can see success for me and my teammates.

Each practice, each game is an opportunity for learning and contributing.

REMEMBER...

I am guided by my potential.

We move toward what we picture in our minds.

Whatever I think about, I bring about.

What I get by reaching my destination is not as important as what I become by making the trip.

If I do not strive to become what I want to be, I will become what I do not want to be!!!

Believe in yourself and in your future. **B.I.Y.**

For discussion or writing:

1. Underline the words/phrases that you feel have the MOST MEANING for you. Tell why those words are meaningful and important.
2. Describe the meaning of "potential".
3. What is B.I.Y.?
4. Do you know how to visualize? What can be the value of visualizing for you or others?

