

# Life lessons for Athletes

## Bruce E. Brown ProActive Coaching

- **Integrity**  
What does integrity look like on a true athlete?  
What do you stand for as an athlete?  
What do you stand for as a person?
- **Teachable Spirit**  
What is teachable spirit?  
Are you coachable?  
How do you take instruction from a coach? A Peer?  
How do you take criticism from a coach? A Peer?
- **Academic Responsibility**  
How do you transfer lessons from the playing field to the classroom? To everyday life?  
Do you COMPETE academically?  
Do you have the proper attitude in class?  
Do you give your best effort in classes?  
Do you make a contribution in class?
- **Confidence**  
What does confidence look like on an athlete?  
What leads to you having confidence as an athlete? As a student? As a leader?  
What is a confidence builder?  
What is a confidence cutter?
- **Discipline**  
What is positive discipline and what does it look like on an athlete?  
Which of the 5 disciplines do you possess?  
Discipline of attentiveness, Discipline of enthusiasm and energy, Discipline of sportsmanship,  
Discipline of respecting authority, Discipline of personal responsibility
- **Accountability and Work Habits**  
What makes you accountable to your teammates? Coaches?  
How do you assess your work habits?  
How do you hold others accountable?
- **Mental Toughness**  
What does mental toughness look like on an athlete?  
What attributes help build mental toughness?  
How do you bounce back from disappointment in a contest? After a contest?
- **Pride**  
What does pride look like on an athlete?  
What traditions exemplify pride in your sport?  
How can you share your pride with your teammates?
- **Leadership**  
How do you lead your team?  
What did you do to help lead your teammates over the summer?  
Who have you included in the leadership process?  
Have you discussed leadership with your coach yet?
- **Selflessness-Teamwork**  
What does an athlete look like when it comes to being a great teammate?  
What are examples of selflessness?