



# COMPETITIVE

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# GREATNESS

## QUOTES OF THE WEEK:

### MONDAY:

Great men are not born great, they grow great." Mario Puzo

### TUESDAY:

"If you're a true warrior, competition doesn't scare you. It makes you better."  
Andrew Whitworth

### WEDNESDAY:

"You must expect great things of yourself before you can do them." Michael Jordan

### THURSDAY:

"The biggest competition is myself. I am not looking to follow others or pull them down. I'm planning to test my own boundaries." Rain (Jung Ji-Hoon)

### FRIDAY:

"Competition fuels growth. That's the power of competitive greatness."  
Coach Mackey

# WEEK 20

## COMPETITIVE GREATNESS CONTENT OVERVIEW



### COACHES

**Check-in** for pride and growth.



### CAPTAINS

**Compete** for your teammates.



### ATHLETES

**Be proud** of yourself.



### FAMILY

**Help** each other to be proud.



### COMPETITIVE GREATNESS

When you compare yourself to others, your greatness can only be comparative. But when you focus instead on growing and becoming the best that you can be, then you embrace competitive greatness. Competition fuels growth while comparison fuels shame. Shame will hold you back from achieving all that you can achieve, but a growth mindset will propel you forward to do things you can only imagine.

Let's look at three things that happen when you embrace competitive greatness.

**You grow whether you win or lose.** A loss can be an opportunity for growth just as a win can. Regardless of whether you win or loss, a growth mindset helps you to learn from it. Learning is where growth comes from. If you lose a match but don't take anything useful away from the loss, there's no growth. The same is true with a win. Instead, look at your performance and ask: What did I do well that I can do even better next time? What did I get wrong that I can get right next time?

**You fight for your teammates, not the game's outcome.** When you know that you can learn and grow from a win or a loss, the outcome of the game matters less. Of course, you still want to win! But the reasons why you want to win matter. Are you trying to win to make yourself look good? Or are you trying to win so you can help your teammates? Motives make a difference.

**You are proud of yourself.** Comparative greatness only cares about out-performing the opponent. But competitive greatness cares about performing your best. The difference lies in how you think about yourself. Are you proud of your accomplishments? Are you proud of your learning and growth? Or, are you ashamed of your failures? Everyone feels shame sometimes, but when you let it rule you, it will stunt your growth.

Comparison fuels shame. Competition fuels growth. That's the power of competitive greatness.

# WEEK 20

## COMPETITIVE GREATNESS FOR COACHES



### COMPETITIVE GREATNESS: FOR COACHES

Success and winning aren't necessarily the same thing. Success has nothing to do with the final score and everything to do with how athletes use their time on the field to grow. Whether a game is won or lost, the athletes can learn from it.

One way to do this is through meaningful check-ins with athletes in the days after a game. A meaningful check-in is composed of three questions. Let's take a look.

**What are you proud of?** It's important to start with what the athletes find pride in, not what the coaches think needs the most attention. If their proud moment doesn't match with what you think it could be, that's an opportunity to talk about what they're doing well from their perspective and yours.

**What surprised you?** Surprises are learning opportunities. If the student-athlete was surprised by certain techniques or a particular call, that's an opportunity to discuss nuances of the game. If they were surprised by their own limitations or actions, that's an opportunity to discuss their preparation going forward.

**What did you learn this week that you can put into practice next week?** This might be linked to either of the first two questions, but it doesn't have to be. The point isn't how serious or insignificant the lesson they learned is; the point is that they are thinking about their learning and how they can put it to use.

When we take the time to check-in with athletes like this, we create space for them to be proud of themselves whether they win or lose a game.

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### THIS WEEK, BE ON THE LOOKOUT FOR:

- 1. Opportunities to TELL athletes you are proud of them.** It might seem that this is the same thing as giving praise, but there's more impact to the phrase "I'm proud of you" than there is to "Good job." If student-athletes are going to be proud of themselves, then it helps to hear that their parents and coaches are proud of them, too.
- 2. Opportunities to LOOK for the lessons in both wins and losses.** After a win, it's natural to want to revel in it a bit. But once the celebration is over, it's time to look at what could have gone better, as well as what went right that allowed you to win. A loss is the same. There are lessons to be learned regardless of the game's outcome.
- 3. Opportunities to ENCOURAGE strong team bonds.** People tend to work harder for others than they do for themselves. If the team feels like a family, there's more pride, encouragement, and growth to be found. Try to make time for team-building activities either during or outside of practice.



# WEEK 20

## COMPETITIVE GREATNESS FOR CAPTAINS

### **C** COMPETITIVE GREATNESS: FOR CAPTAINS

Competitive greatness comes from competing rather than comparing. How you compete matters. If you compete to be better than your opponent, you may win, but that doesn't guarantee long-term success. If you compete to be better for your teammates, then it doesn't matter if you win or lose. If you want to be a great leader, compete for your teammates first and yourself second.

Let's look at three reasons it makes sense to compete for your teammates.

**Your teammates are there even when the results aren't.** Whether you win or lose, your teammates are right there beside you. They are experiencing the same ups and downs that you are. That's a bond that lasts if you nurture it. When you compete for your teammates, it doesn't matter if you win or lose because you're all in it together.

**Consistent purpose leads to consistent performance.** If your purpose in playing is to make yourself look good, then your purpose won't be consistent from one game to the next. You'll see when you need to put forth more effort for you and when you don't need to, you won't. But if your purpose is to help your teammates succeed, well, that purpose is consistent from one game to the next, no matter who the opponent is.

**You'll sacrifice more for someone you love than someone you don't.** Through competing for your teammates, you build trust and relationships that can withstand a lot. Part of that means others work harder for you, but it also means you work harder for them. When you build trust with your teammates, you'll find that you can sacrifice a lot more than you can bear to give up if you're the only one who benefits.

Competitive greatness means focusing on growth and becoming the best you can be. Competing for your teammates will help you on that journey.

### /// CAPTAINS' LOG ///

"LEADERS ALWAYS LEAD"

Who do you compete for? Why?

What's the difference between competing for your teammates and competing for yourself?

Why does it matter if a leader builds trust and relationships on the team?

Why does it matter if all teammates builds trust and relationships?

What are you willing to sacrifice for someone you love that you aren't willing to sacrifice for just yourself?

# WEEK 20

## COMPETITIVE GREATNESS FOR ATHLETES



### COMPETITIVE GREATNESS: FOR ATHLETES

It's nearly impossible to shame yourself into growth. That's because growth requires truth, but shame deals in (at best) inaccuracies or (at worst) outright lies. Shame tells us "You can't do anything right" or "You always mess up." If you shut the door on shame, you'll be surprised at just how much you can get right.

But how do you switch from shaming yourself to actually making progress? Let's look at three steps.

**Be proud of yourself.** Start with taking pride in what you've already accomplished. What are your strengths? What do you do really well? How do you contribute to the team? But it's not just about what you've done. Real pride requires that you take stock of who you are as a person. You're probably still figuring all of that out, but who you are right now is enough for you to be proud of yourself.

**Think about how you think about yourself.** Take a few minutes to reflect on the way you talk to yourself when you mess up or when you get something right. If your internal narrative is something like "No wonder I messed up; I'm a dummy" or "I'm surprised I got that. Probably won't happen again," then it's time for an upgrade on your thoughts. If the narrative is more like "I'll get it the next time" or "Go me!" then you're on the right track.

**Get help from a friend or teammate.** Whenever you catch yourself having thoughts that shame you, tell a friend. Let them help you figure out if there's truth in the statement or if it's entirely wrong. Often, getting a second opinion can help you realize that you're shaming yourself so you can switch to pride instead.

Shame doesn't lead to growth. Pride does. Be proud of yourself for who you are. You deserve it.

#### ATHLETE'S EXERCISE:

1. What are you proud of yourself for?
2. Does anything try to prevent you from being proud of yourself? If so, what?
3. How do you think about your mistakes and successes? Are the thoughts positive or negative?
4. Who can you go to for a second opinion if you're trying to shame yourself into growth?
5. Think of a time you felt ashamed. What was the lie in the situation and what was the truth?

# WEEK 20

## COMPETITIVE GREATNESS FOR FAMILY



### COMPETITIVE GREATNESS: FOR FAMILY

Comparison cares about what we are not, but competition cares about what we are becoming. There are plenty of voices out there telling our kids who they are not. And there are plenty of voices saying that who they are is not enough.

But we can be the voices that counter those harmful messages. We can be the ones who help our kids understand that they should be proud of who they are and who they are becoming. The teen years are a time of asking “who am I?” and “where do I belong?” It can be an overwhelming set of questions, and shame just adds to the pressure.

Competitive greatness is about growth. Comparative greatness is about shame. These two things do not go together. Shame does not help us grow. In fact, shame makes us feel like we can't do anything right, which is a paralyzing feeling. If we can't do it right no matter what, then why bother trying?

But when we're proud of ourselves, mistakes don't lead to shame. Instead, they lead to opportunities to learn more and do better next time. Personal growth is all about getting it wrong so we can figure out how to get it right. Shame prevents us from even trying. Pride helps us overcome setbacks to push forward.

Growth is fueled by competition. When we compete with ourselves and others, we help each other become better, just like iron sharpens iron. The sharpening can only occur if we have the room to make mistakes without shame.

Our parents have a lot of influence on how we respond to mistakes. If our family shames us for not being perfect, then we're going to shame ourselves, too. But if our family rallies around us to remind us of the reasons we have to be proud despite mistakes, then we're going to hang onto the pride and move forward.

### /// BEST 5 ///

#### THE BEST FIVE MINUTES OF THE WEEK

What are you proud of about yourself or things that you've done?

How can you remember to be proud of yourself even if you mess up?

What is a mistake you've made that led to lots of growth?

How would shame have had a negative impact on that growth?

How do you handle shame?

# WEEK 20

## COMPETITIVE GREATNESS

### Comparison Vs. Competition Worksheet

#### Comparison Vs. Competition Worksheet

Use the space below to write out a few thoughts that you've had during practice or games.

Example: This opponent is too tough for me.

Example: I bet I can lift more than anybody else in the gym.

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#### With your list, answer the following questions:

1. Is this thought comparative or competitive?
2. What makes it comparative or competitive?
3. How do the comparative statements make me feel versus the competitive statements?
4. How could I change the comparative thoughts to make them more competitive?
5. Why does it matter if your thoughts are comparative or competitive?

#### Share your list and thoughts with a partner or small group. Use the following questions to guide your discussion:

1. Do you get the same sense of comparative or competitive from your partner's list that they did? Why or why not?
2. Are there some phrases that could be competitive or comparative? How so?
3. Does the intention for whether the thought is comparative or competitive matter? Why?
4. How do competitive or comparative thoughts help or hurt the team as a whole?
5. Which phrases are useful to keep and which should be changed?

# WEEK 20

# COMPETITIVE GREATNESS

## Check-In Prep Sheet

### Check-In Prep Sheet

This worksheet can be given to athletes prior to a check-in so that they have time to think about their answers and prepare for the discussion.

1. What are you proud of?

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2. What surprised you?

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3. What did you learn that you can put into practice next week?

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