



PRAISE OR PRIDE

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QUOTES OF THE WEEK:

MONDAY:

"Remember, you have been criticizing yourself for years, and it hasn't worked. Try approving of yourself and see what happens." Louise L. Hay

TUESDAY:

"Who you are inside is what helps you make and do everything in life." Fred Rogers

WEDNESDAY:

"Instead of being driven by praise, be driven by pride." Coach Mackey

THURSDAY:

"I do not care so much what I am to others as I care what I am to myself."
Michel de Montaigne

FRIDAY:

"Don't let compliments mess with your head or criticism mess with your heart."
Thibaut

WEEK 21

PRAISE OR PRIDE CONTENT OVERVIEW



COACHES

Give athletes space to figure it out.



CAPTAINS

Learn to be proud of your teammates.



ATHLETES

Take pride in your actions.



FAMILY

Help students answer three big questions.



PRAISE OR PRIDE

Whether you are driven by praise or pride makes a huge difference in how tough you are. If you are driven by praise, there will come a day when there's not enough praise in the world to get you to do what needs to be done. But if you're driven by pride, your sense of self worth will always be enough to help you overcome the obstacles in front of you. As with anything else, it's a choice.

Let's look at three reasons why pride is a better motivator than praise.

Praise comes from others; pride comes from you. Praise is outside of your control. You can do things in pursuit of praise, but there's never a guarantee that others will give you the praise you want. On the other hand, pride is completely in your control. Only you get to decide if you are proud of yourself. When you make that choice to be proud of who you are and what you have done, that's it. It's there, and it's yours, no matter what other people have to say.

A little pride goes further than a lot of praise. Pride doesn't have the same diminishing returns that praise does. Each hit of praise has a little less impact than the last, so you end up constantly seeking more. Pride is stable. Even a little bit of pride in yourself can be enough to push you to do what is necessary.

Praise is fleeting; pride is lasting. It feels nice to receive praise, but that nice feeling doesn't last. And when it fades, it leaves a desire for more praise, which we've already discussed has less impact over time. If praise is a lit match, then pride is a campfire. They both provide light and warmth, but one does it much more effectively and for longer than the other.

You get to choose what drives you. Do you choose to be driven by praise or pride?

WEEK 21

PRAISE OR PRIDE FOR COACHES



PRAISE OR PRIDE: FOR COACHES

When we praise athletes for the process, that tells them they can take pride in their work regardless of the results. If we celebrate the process, then that gives athletes permission to celebrate it, too.

Our athletes are in the process of becoming who they will be. They aren't there yet. Coaches can give them the space and guidance to figure out who they want to be. By focusing on the process, it gives them the room to explore and grow while being proud of who they are and who they are becoming.

Athletes need to feel like they have ownership in the process. This contributes to a sense of belonging to the team, and it gives them a sense of purpose. There are many different ways to give athletes a sense of ownership, but let's look briefly at two for now.

Get athlete buy-in on team values. Have discussions with athletes about what matters most to them as a teammate. Is it integrity, toughness, and work ethic? Is it honesty, humility, and fun? The goal of team values is to get everyone on the same page for what matters most. If athletes don't have a say in what that is, it will be harder to sell it to them.

Give athletes responsibilities to the team. There are dozens of small tasks that athletes can do to help the team. The size of the task doesn't matter as much as the sense of responsibility or duty that comes with it. When athletes contribute to the team beyond their performance on the field, it ties them together.

The process is more important than the results. Let's help athletes to celebrate the process by giving them ownership in it.

THIS WEEK, BE ON THE LOOKOUT FOR:

- 1. Opportunities to DISCUSS team values.** Talking early and often about why the team values are what they are helps athletes to identify with them. Giving athletes room to debate the values that exist (as opposed to others that could be part of the value system) lets athletes have ownership in the process while also giving them a deeper understanding of what it means to be a member of the team.
- 2. Opportunities to ASSIGN team responsibilities.** Think of it as a team bonding exercise. Pair up athletes or put them in small groups to accomplish tasks that will benefit the team as a whole. Working together in new ways helps athletes to determine how they fit in with their teammates. The closer they feel to their teammates, the harder they will be willing to work for them.
- 3. Opportunities to PRAISE athletes for the process.** When we focus on results, that communicates that all that matters is the outcome. But when we focus on praising athletes for their progress, that communicates that we're proud of them whether they win or lose.

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PRAISE OR PRIDE FOR CAPTAINS

C PRAISE OR PRIDE: FOR CAPTAINS

Being proud of your teammates isn't just about congratulating them when they make an epic bucket. It's also about seeing who they are as people and encouraging them to continue being themselves.

There are three things you can do to help you cultivate pride for your teammates. Let's take a look.

Get to know them. The better you know someone's story, the more proud of them you will be when they succeed. If you only know your teammate's name and number, that doesn't stop you from taking pride in their accomplishments, but it does put a block on how much you can appreciate their effort, discipline, or commitment.

Give them the benefit of the best. People are going to annoy you sometimes. They won't do what they're supposed to do or they'll say something silly. When that happens, don't assume you know where they're coming from. Most of the time, those assumptions are full of negativity and doubt. Instead, try to see it from their perspective. What good reasons might they have for doing what they do?

Be available and vulnerable. If you want your teammates to open up to you, then you have to be willing to open up to them. If you're impossible to reach outside of practice or you don't share anything about yourself, that tells your teammates that you're not serious about forming closer bonds with them. You don't have to share your darkest secrets—only share what you're comfortable sharing. But know, if you want them to share with you, then you've got to share, too.

As a leader, it's important to be proud of your teammates, not just for what they can do, but also for who they are.

/// CAPTAINS' LOG ///

"LEADERS ALWAYS LEAD"

What makes you proud of your teammates?

How can you focus more on pride in who your teammates are, rather than what they can do?

How can you get to know your teammates better?

How can you show your teammates that you are proud of them for more than their accomplishments?

How do you make yourself available to your teammates? How do you give them permission to open up to you?

WEEK 21

PRAISE OR PRIDE FOR ATHLETES



PRAISE OR PRIDE: FOR ATHLETES

It's easy to be proud of yourself when your team wins a game, but it's just as important to be proud of yourself when your team loses a game. Win or lose, you can be proud of yourself for the effort you put in, the lessons you put into action, and the time you contributed to your team.

Taking pride in yourself after a loss may not come naturally, so let's look at three things you can do before, during, and after the game to be proud of yourself whether you win or lose.

Before: Set a personal goal. The team's goal is to score more points than the other team, but what's your goal? Think about something that only you can do because of the position you play or the talents you have. A goal to score (or assist with) X number of points doesn't count. That's an outcome that you can influence but not control. Think about the things you can control.

During: Give your best effort. The one thing you can always control during practice and games is your effort. As long as you give your best, you will have something to be proud of when the game is over.

After: Congratulate your teammates. Let them know what a great job they did with genuine and specific praise. Try to avoid focusing on outcomes, like "what a great score!" Instead, congratulate them on their effort or toughness. Whether the team won or lost, your teammates were there beside you. That's worth acknowledging.

Don't let your pride in yourself be based on the outcome of a game. Instead, be proud of yourself whether you win or lose.

ATHLETE'S EXERCISE:

1. Do you tend to be driven more by praise or by pride?
2. How does what drives you impact the way you practice and play?
3. What are a few things that you are proud of yourself for?
4. What's a personal goal that you can set for the next game?
5. How can you let your teammates know that you are proud of them?

WEEK 21

PRAISE OR PRIDE FOR FAMILY



PRAISE OR PRIDE: FOR FAMILY

The teen years are a time of self-discovery. Teens are moving away from their reliance on their parents and trying to figure out where they fit into the world as a whole.

Cara Powell and Brad Griffin have done a lot of research on teens and how they interact with the world. They have found that teens ask three questions, and the answers they come up with determine how they live. Let's take a look.

Who am I? Teens receive messages everyday telling them who they should be, but they still have to figure out who they actually are. It can all be very confusing. Parents can help by offering a judgment-free sounding board for teens as they figure it out. When we make it clear that we're proud of them as they are, it helps them understand that our love isn't contingent on them being who others say they should be.

Where do I belong? Everyone seeks to belong somewhere. We seek to belong with our family, our friends, and our community. But in the quest to find where we belong, our family is an anchor. We always belong to our family, no matter what. Even if our kids are struggling to find where else they fit in in the world, we can make it clear that they will always have a place to belong with us.

Why am I here? Teens are looking for their life's purpose. We know that they don't have to figure it out right away, but the pressure to do so still weighs on them. Parents can help teens decide their purpose or their why through giving them opportunities to explore different things.

Everyone wants to know who they are, where they belong, and why they are here. Teens feel this even more as they are stepping away from their childhood self-absorption and moving towards an adult way of viewing things.

/// BEST 5 ///

THE BEST FIVE MINUTES OF THE WEEK

How would you describe yourself in one or two sentences?

What does that description say about who you are and where you belong?

What groups are you part of? How do they provide you with a sense of belonging?

What do you think your purpose in life might be?

Why is it okay to not know exactly what your purpose is right now?

WEEK 21

PRAISE OR PRIDE

P.R.I.D.E. Worksheet

P.R.I.D.E. Worksheet

Use the space below to identify some things that you are proud of about yourself. Then, categorize those things in the P.R.I.D.E. section.

P.R.I.D.E. Categories

Performance

Relationships

Internal

Discipline

Effort

Reflection Questions:

1. What is the thing you are most proud of about yourself? Why?
2. Is there a category where more of your proud things fall? What might that say about your priorities?
3. Are there things that don't fall into one of the categories listed? What additional categories would you create?
4. Based on your P.R.I.D.E. list, how would you describe yourself to a teammate?