**DISCUSSION GUIDE – CHAPTER 4 (LEADING YOURSELF)**

**QUESTIONS TO DISCUSS:**

1. Describe a time that you didn’t give your all at practice or in a game. What was the result? How did you feel about that? Did your teammates know?
2. Describe a time that you left it all on the field of play and felt good about your effort.
3. What are the things that you know you should be doing but aren’t to make yourself either a better athlete or a better student?
4. What is something that you’ve done in the past that you regret doing? What could you have done differently?
5. What motivates you to do your best?
6. What are the obstacles or challenges that you face in doing your best in sports?
7. What are the obstacles or challenges that you face in doing your best in the classroom?
8. What was your favorite story from this chapter? Can you apply it to your situation?
9. Have you ever seen or been around a player that did what was right no matter who was watching or whether they would be rewarded?

**ASSIGNMENT FOR NEXT WEEK:**

1. Keep track of your wins and losses this week for whether you felt that you led yourself to do what was right. Did you “Win the Day”? Were you successful each day with doing what you were supposed to do?
2. Do one thing this week to make you significantly better as an athlete that no one will know about.
3. Write down 2-3 things that you do regularly (habits) that are positive that others might be willing to do with you.