# YOUR *BEST* YOU:
WHAT DOES IT TAKE?

I'm sure your coaches have asked you to reflect or debrief in the past. You may have taken them up on it, or you may have not jumped in just quite yet. Sometimes these ideas seem a bit daunting and we don't know where to start.

The Player's Tribune is a website that houses athlete stories. On this site, they have an area called "Letters to my Younger Self", which has some really great reads. And there is one story by Shaqem Griffin that is called *"A Letter to NFL GMs"*. In his contribution, he reminds us to follow our own path and that we are most successful when we embrace who we are and work to be the best we can be, regardless of what that means in comparison to anyone else. *Below are two ideas for how you might use reflection during this time:*

DO IT TO
MAKE YOUR
YOUNGER SELF
PROUD
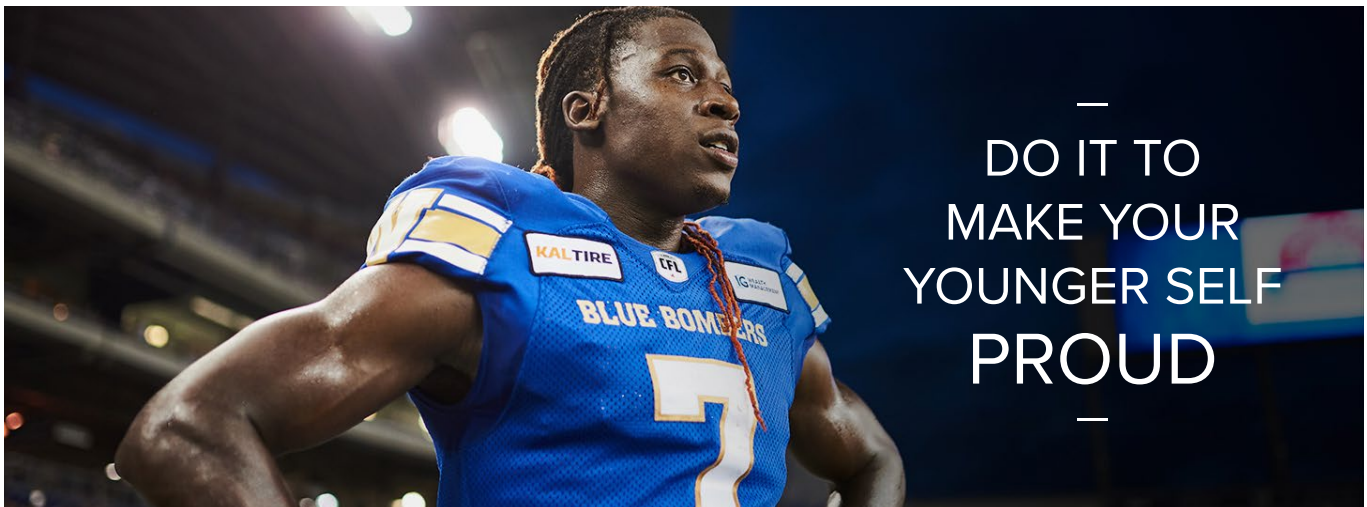
Remember your 'why':

Victoria Tachinski is a talented track athlete who is currently competing at Penn State. Whenever she is struggling to be motivated, she thinks about the little girl who had a dream. This is a picture that she finds motivating. She looks at this picture and reminds herself to "do it to make your younger self proud". We have all been that kid. Find a picture from when you first started or one that reminds you what you love about your sport. Spend a few minutes thinking about what that kid would say to you when things get tough and write that down.

Letter to your Pre-COVID-19 self:

We are all going through a pause in our lives and in the world as a whole. When things slow down, we have an opportunity to think a little bit. Is there anything you want to do differently when you return to your sport? Is there anything you want to remember from this time? Is there something you have learned about yourself because you have been the one in charge of your training? Read through a few of the letters on the Player's Tribune and then take a bit of time to write a letter called "Letter to my Pre-Quarantine Self". This will be an important legacy that will help you take the lessons learned with you to your life moving forward.

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