



THE  
**HUMAN**  
PODCAST

STORIES OF MOTIVATION WITHIN  
THE FOOTBALL COMMUNITY

# HOT READS



## EP. 1 EMBRACE YOUR HUMANITY

As athletes, you can feel enormous pressure to succeed. The pathway to your success isn't always perfect though. And it shouldn't be! The bumps in the road and the barriers you overcome should be viewed as valuable experiences that build strength and shape who you are. Without setbacks, we would not learn how to come back. In the Heroes in our Midst podcast, "Unapologetically Human", Andrew Harris talked about his own journey as an elite athlete. He got real about his personal experiences and how they impacted choices that ultimately shaped his motivation, perspective, mental toughness, and resilience both on and off the field.

### 3-POINT STANCE FROM ANDREW HARRIS

**Embrace stress.** Perspective is everything and we can choose how we look at the situation. We can choose to let the pressure overtake us or we can harness it and let it ignite our motivation! For Andrew, pressure was the "beast" that fueled his motivation to face challenges. He chose to use pressure as a means to elevate his own game by getting in the gym and channeling stress into energy.

**Loss makes you better.** Working through loss and change is never easy, whether it's an injury, a team change, or a play gone wrong. We can learn more from the losses than the wins if we practice choosing to accept them, find the takeaway, and commit to moving forward. Andrew talked about allowing himself to work through the process of loss to come back stronger from several challenges along the way, including facing his "darkest hour".

**Find your inspiration.** Motivation is unique to each of us! It's important to find what works for you to fuel your game, whether it be your teammates, mentors, coaches or personal heroes! In his interview, Andrew talked about drawing inspiration from both within and outside the game, including his daughter and a love for playing in his hometown.

## REVIEW THE TAPE

**When you feel stress, ask yourself how you're going to use all of that energy to up your game?**

**Instead of focusing on what went wrong, ask yourself "what do I want to bring next time?". It's important to reflect on what happened to find the takeaway, but then shake it off and apply what you learned.**

**Remind yourself why you started playing the game in the first place.**

## RESOURCES

**Ted Talks: How to Make Stress Your Friend**  
*Click here to watch the talk*

**The Players' Tribune: A Letter to NFL GMs**  
*Click here to read the article*