

# Heart of a Student Athlete discussion guide

## Introduction

- Did you have real life heroes when you were a child?
- Do you still admire them and if not what changed your mind?
- How and where were you introduced to your hero?
- Did your parents encourage that connection?
- Have you made a conscious decision to either encourage or dissuade your kids from idolizing a hero?
- Do you agree or disagree with my assertion that kids need heroes?
- Are athletes qualified to be role models?
- Were you surprised by what the Hall of Famers and the 1983 Broncos are doing now?
- Did the success and acceptance of black athletes pave the way for President Obama's election?
- Do you know other universal unchanging success principles?

## Desire

- In what areas of your life have you established desires?
- Can you articulate your desires in short sentences of less than ten words each?
- Have you achieved something others doubted by focusing on an extravagant desire?
- Is Dan Reeves an example of someone who got carried away with his desire to win, or is that just what it takes to reach the top?
- Have you limited yourself by not dreaming big enough?
- Is it important to encourage the young people in your life to believe they can accomplish great things or will they be hurt by that belief if they fall short?

## Goal Setting

- Do you agree with me that you should write down desires but that writing down goals is unreasonable?
- Can an individual choose their own future?
- I define success as overcoming obstacles on the way to your dreams, how do you define success?
- Are there areas in your life where you are drifting away from your desires and need to set goals to aim you back in the right direction?
- How can you show your kids that preparation goals are vital to success?

## The Courage to try new things

- When is the last time you tried something new, what was it, and how did it go?
- What keeps you from trying new things?
- Have you or your kids had a disaster or found a talent when trying something new?
- Why do people say “you can’t teach an old dog new tricks?”
- Have you felt pressured to have your child join year round sports teams?
- How can adults influence a child’s level of decisiveness?
- How does my description of the zone differ from your experiences or understanding?

## Dedication

- When has refusing to quit paid off for you?
- Are the mental requirements of football surprising to you?
- Have you felt the need to step in on behalf of your child with a coach? What was the result?
- How can you model dedication to your children or teammates?
- What do you think are the most important factors in selecting a college?
- What is the value of a personal history of overcoming?
- Can you identify specific challenges that you have faced that focused your desire?
- How have your parents’ or adult mentors’ dedication impacted your view of the future?
- How have your relationships with coaches/bosses/teachers impacted you?
- Do you regret stepping away from a sport, relationship, or business because of an injury or other challenge?
- Do you find it hard to believe in yourself when others don’t support that belief?

## Big Games

- Do you have fond memories of the drive or other championship games?
- Can you remember examples of other big games where you still don’t know why your team won or lost? Do you want to know why?
- Do you think that the media and hype around the Super Bowl add or detract from the game?
- Have performance enhancing drugs changed the way you look at athletes?
- Do you believe that drug free athletes can still dominate?
- At what point do rule changes designed to protect players from injury change football too much?
- Do you have a “chicken chasing” activity that prepared you for future success?

## Honesty and Forgiveness

- Is honesty and forgiveness the most difficult key to success?
- Do you blame yourself more than you should or do you struggle with accountability?
- Is there an event in your past that you need to forgive yourself or someone else for, so you can move forward?
- What is faith's role in honesty and forgiveness?
- Would someone studying your life see that relationships are the most important part of your life?

## Teamwork

- What teams are you on?
- Do you have an example of a graded team classroom project that teaches teamwork effectively?
- Where are you on the team seesaw for each of your teams?
- Do you know great leaders that share traits with Zimmerman, Bowlen, and Elway?

## Conclusion

My desire as a speaker and author is to inspire long term positive change in teams and individuals. How has Heart of a Student Athlete inspired you to change?

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