1 | CHECK-IN

How are you showing up today?

There is no perfect answer. Choose what best describes how you feel right now. You can change your mind later.

- [ ] Focused
- [ ] Hopeful
- [ ] Tired
- [ ] Unsure

What is one reason you chose that response?

What would help you participate today?

Your reflections are yours. Share only what feels safe and appropriate.

2 | FINAL POSSESSION

Look beyond the scoreboard

Think about a basketball possession or another moment when a plan did not work. What failed first?

- [ ] Talent
- [ ] Effort
- [ ] Communication

What happened? Describe the action, not the person.

What could the team try differently next time?

3 | STARTING POINT MAP

Four areas. Honest ratings. No labels.

Rate each area from 1 to 5. 1 = needs serious attention right now; 5 = gives you strength and energy. Write one honest reason for each number.

Body & Well-Being

Energy, sleep, movement, stress, health needs and support

Rating (1-5): _____ One reason: _____

School or Work

Learning, responsibilities, progress and opportunity

Rating (1-5): _____ One reason: _____

Play & Interests

Sports, creativity, hobbies, rest and curiosity

Rating (1-5): _____ One reason: _____

People & Belonging

Family, friends, teammates, mentors and safe connections

Rating (1-5): _____ One reason: _____

One area working well: _____

One area to focus on: _____

You do not have to choose the lowest score. Choose where a small move could matter.

4 | WORDS MATTER

Choose words that help the next play

During conflict, describe the action rather than labeling the person. Be specific, truthful, constructive, and focused on what comes next.

Write an example of a frustrating situation (without naming anyone).

How could you respond in a more specific and constructive way?

Before speaking, ask yourself:

- Am I describing an action or labeling a person?
- Am I telling the truth or exaggerating?
- Am I helping us move forward or only releasing anger?

5 | YOUR NEXT PLAY

Build a testable six-week goal

Complete this sentence with an action within your control:

During these six weeks I will test whether...

My complete sentence:

ACTION: What will you do? (This is what you underline.)

WHEN: On which days or at what time? (This is what you circle.)

If you cannot identify both an action and a time, make the goal smaller and clearer.

6 | PULSE CHECK

Notice what changed

Before we close, choose the response that best describes how you feel.

- [ ] I feel clearer about where I am.
- [ ] I feel about the same.
- [ ] I have more questions.

One question I want to explore:

One small next step I can take:

Good questions give us something to test.

Keep this workbook for yourself. You do not need to submit your personal ratings or reflections to the Foundation.