



A Hero in Every Parent A Winner in Every Child

It's easy to get so caught up in the day-to-day issues of your child's sport that you miss the larger responsibility of teaching how to win at life. Sport is a small game being played inside a bigger game called Life! While the skills and techniques of sport are challenging and the rewards appear to be attractive, learning life skills have huge payoffs in both sport performance and life performance. However, those who only learn sport mastery will suffer the life-long consequences of failing at self-mastery.

One of the key indicators of a successful balance of sport AND life focus is found in the conversations you have with your children. The content of your conversations indicates your priorities.

Here's a way to assess your conversation balance.

Answer the questions below regarding typical conversations in your household.

1. We talk about specific sport techniques & strategies _____% of our total conversation time.
2. We talk about specific life skills and relationship issues _____% of our total conversation time.
3. I initiate conversations about sport issues _____% of the time.
4. I initiate the conversations about life issues _____% of the time.
5. Discussions about sport issues create tension _____% of the time.
6. Discussions about relationship issues create tension _____%.

Here's a way to add quality content to your conversations.

Choose one topic per week to discuss with the family over dinner or while driving. Look for natural opportunities to ask a question or make a statement about:

- The guiding principles of your family and why they're important.
- The qualities you admire in the people you look up to and why those qualities inspire you.
- Examples from your life when teamwork paid off.
- The benefits you've experienced from hard work and self-control when it wasn't easy to do.





Act the Way You Want to Become

Discussion Guide for Parent and Athlete

How will you work on these?

1 Which skills need
work in you family?

Self-confidence _____

Controlling emotions _____

Personal motivation _____

Self-discipline _____

Conversation skills _____

Resolving conflicts _____

2 Share stories with your
children about how you
learned some of these
skills while growing up.