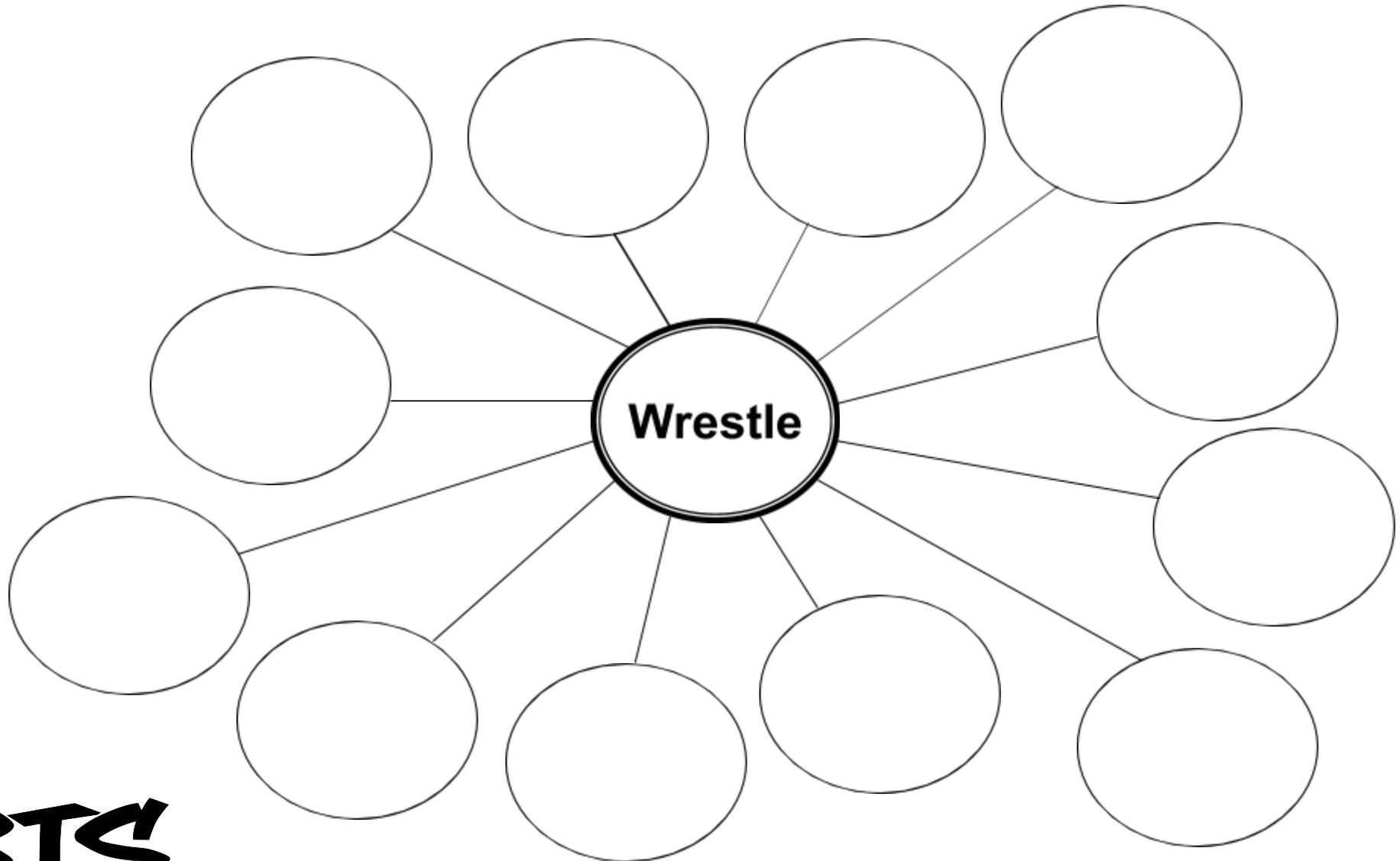


# Wrestle

**Definition:** /<sup>l</sup>resəl/ verb

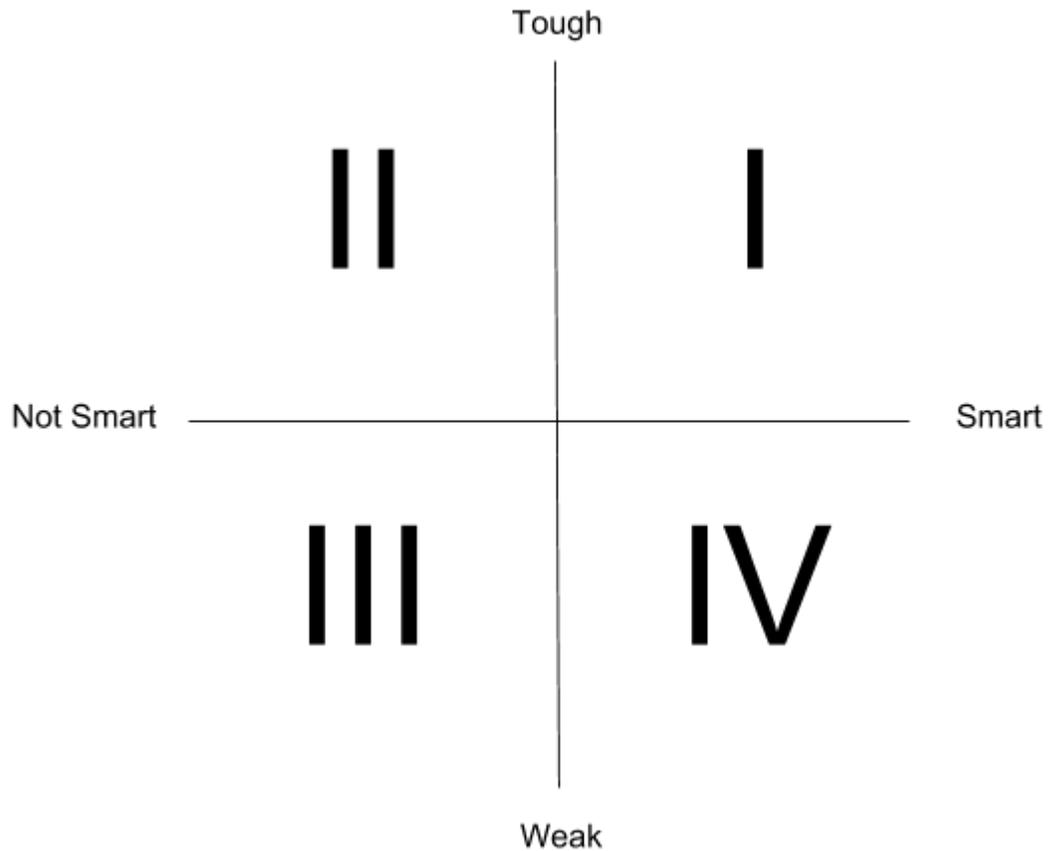
1. take part in a fight, either as sport or in earnest, that involves grappling with one's opponent and trying to throw or force them to the ground.
2. struggle with a difficulty or problem.

**Instructions:** Write the attributes developed or used when you wrestle in the outside bubbles. Create more bubbles as needed.



## Tough/Smart Diagram

**Introduction:** If anyone is going to reach their potential, they will need to be both Tough and Smart. Smart means that you are thinking of the correct thing to do to improve yourself while Tough means that you try hard even when things get difficult or scary.



### Discussion Questions

- How would you define Smart? How would you define Tough?
- Where would you put the following things on the diagram and why?
  - Cheating
  - Not trying hard
  - Wrestling when you're injured
  - Faking an injury to get out of practice
  - Trying too hard to look cool
  - Making excuses
  - Crying when you lose
  - Knowing what you need to work on but not doing it
  - Working really hard at practice but not thinking about what you need to fix
  - Including/Being respectful to everyone on the team
  - Listening to what the coach is saying
  - Knowing what you need to work on and fixing those things
- Give an example of a decision you can make for each Quadrant when it comes to training for wrestling. For example, if someone was training in Quadrant I, what might they be doing? What about Quadrant II, III, and IV?
- What Quadrant do you want to be in? Why? What can you do to be there more in sports? In school?

# Event + Response = Outcome

Events are things that happen that you have no control over.

The only thing you can control is your Response to an Event.

This, in turn, will lead to your Outcome.

For example, a coach can be talking to athletes; this is an Event for the athletes (It's happening; they have no control over it). The athletes' Responses could be many: They could talk to each other, daydream, leave, or pay attention to the coach. The Outcome of the first three things will, most likely, be that the athletes won't learn and the coach will not respect them. For the fourth Response, the athletes may learn and the teacher will respect them.

**Purpose:** Wrestlers will learn to realize that they have to make informed choices if they would like to be proud of themselves and someone that others respect.



While we cannot control Events, we have total free will when it comes to Responses to those Events. If we take the time to make positive Responses, the Outcome will be positive.

## Debrief Questions:

- Is it better to make Responses based on emotion or logic? What is the best way to make a logical Response?
- Can every Response be positive?

## Introduction

The h Leadership mission is to educate and inspire through lessons learned in sport. Society in general is intrigued by the world of professional sport. Young men and women aspire to be NBA, LPGA, or NFL superstars, but what most people fail to realize is that professional superstardom is a feat that less than 1% of the entire population achieves. The lesson learned in this statistic is that superstardom can be achieved by the other 99% of the population, but not in the arena of professional sport.

Do not be discouraged by these numbers; be realistic and inspired to pursue greatness in areas that will support you for life-long success. Two primary areas include education and character/leadership development.

Consider your education as the single most important investment of your life. Your mind, ability to reason, rationalize, make sound decisions, establish and cultivate a successful career and, one day, support a family all stem from the teachings of the primary, secondary, and higher education systems. Although life in general is a great teaching tool, your academic education is an invaluable opportunity to increase your “intellectual capital” and position yourself for success.

A second key investment for your future is character/leadership development. Aspire to be a role model, an individual that people look up to and respect. Sport happens to be one of the most valuable learning tools when it comes to leadership and life skill development. Sport provides an extraordinary amount of intangible benefits (ideals that you cannot see or grasp, but positively impact your daily life such as, sacrifice, determination, resiliency, focus, strategy etc.). These intangible benefits are educational/character development tools that will aid and support you in your long and often challenging quest for personal greatness.

## Athletic Transferable Skills

The concept of Athletic Transferable Skills emphasizes the ability to transfer the character/leadership and life skills learned from sport and successfully apply these same skills to life. This guide, the Introspective Leadership Workbook, has been designed not only to educate you, but challenge you and help you reflect and evaluate who you are, where you want to be and how you will get there.

Remember, build and believe! Work daily to be great and never forget that **Greatness is the product of many attributes, but primarily discipline and sacrifice, which are extremely difficult to uphold. Challenge yourself and be prepared for the toughest most rewarding journey of your life.**

Our team at h Leadership is excited for your personal journey. Welcome to the h Process!

– Joe Heskett

Chief Visionary Officer, h Leadership

## WHO AM I?

What does it mean to be a good friend?

Should I be fair?

Should I inhale honesty and exhale envy?

Should I do all in my power to impress my peers?

Exemplify my thoughts or provoke my fears?

Should I put on a mask or show my true self? These are the questions I ask myself...

Am I a follower or a leader?

True friends are found in something much deeper

Than popularity, looks, culture, and money

So many people are tired of running

From whom they think they are or want to be

To save their “rep” and popularity

So this leads to the question

Who am I?

Am I my true self?

Or

Hiding my feelings to impress someone else?

# MODULE 1

## Building the Best Version of Me



## Build Box

“You have to expect things of yourself before you can do them.”  
- Michael Jordan

### *h* Message: Commitment

Commitment is simply your ability to remain highly dedicated to a task, project, or goal until that task, project, or goal is completed. Commitment can be challenging because many distractions can pull us away from our task, project, or goal.

Building the best version of you begins with a foundation of your **COMMITMENT**. Will you commit to being the best version of yourself?

This foundation also requires **LEARNING**. Are you willing to keep an open mind, learn new things, and grow intellectually as a person?

The final foundation block is **RESILIENCY**. Will you invest the time to build the skill sets necessary to bounce back from all challenges, hard times, and sadness in your life?

Are you excited to build the best version of you? Circle **Yes** or **No**.

Will this be an easy journey? Explain.

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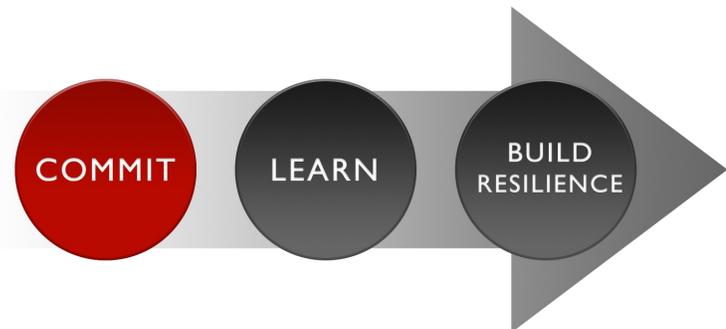
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## MODULE 1: Building the Best Version of Me

Take a moment and think about the following question: Who is the most important person in your life?

This may have seemed like a trick question and perhaps several names came to mind, but there is one correct answer...**you are!**

Why are you the most important person in your life? Because it is your life and ultimately you are responsible for every decision that you make. Your parents, grandparents, aunts, uncles, best friends, are extremely important, but only you can invest in yourself and build the best version of you possible. Start the self-investment process by making a commitment to greatness!



### Session 1: Commit

Start with just one personal pledge or commitment in which you will follow through. No matter how difficult times get, remember your commitment will help you become the best version of you.

I will commit to being...

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## Session 1: Commit

Many people make commitments without understanding what is necessary to achieve success. It is extremely important that you commit to your own personal and intellectual growth as well as your mental and physical health. Take a moment to understand why you made the commitment that you made.

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I commit to being the best version of myself because...

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Now that you have at least one commitment written down, do you believe you will remain committed to being the best version of yourself? Circle Yes or No.

Yes, I am willing to commit to being the best version of myself because...

or

No, I am not willing to commit to being the best version of myself because...

Explain your answer below:

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## Build Box

### Definition

**GROWTH MINDSET** is your mental ability to be open to new ideas, experiences, and opinions that will help you understand the world around you .

The opposite of a growth mindset is a fixed mindset. \* DANGER \* be aware of the fixed mindset, since it is the opponent of growth.

### *h* Message: The Power of the Right Mindset

A champion's mindset will be discussed later in this guide, but it is important to take note early on that your mindset is absolutely critical to your overall success. If you have a *growth* mindset, excellent, keep learning and focusing on continued development.

If you have more of a *fixed* mindset, it is not too late. The first step is to be honest and identify your fixed mindset and the second step is to work to change your fixed mindset. Take your time to and work hard to develop the growth mindset, it will not be easy, but it will certainly be worth it!

Do you believe it is easy to change a fixed mindset into a growth mindset? Explain below.

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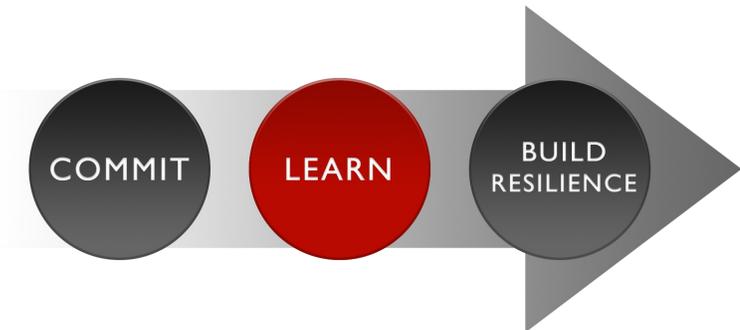
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The h Process will introduce you to three constructs that will help you understand how to more effectively learn: 1) Growth Mindset 2) Experiences 3) Observation. Through these constructs, you begin to understand how learning facilitates the process of building the best version of you.

Learning can simply be defined as knowledge acquired by instruction or study.



Why are experiences important to learning?

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Why are observations important to learning?

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## Session 2: Learn

Circle the mindset that currently best describes you:

**Growth Mindset:** Open to new ideas, excited to learn, embraces challenges.

*or*

**Fixed Mindset:** Hesitant or resistant of new concepts, embraces comfort, fears unknown.

Describe your current mindset (growth or fixed). Are you happy with it?

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There are two primary ways to learn. 1) Experience 2) Observation

What personal experiences, positive or negative, have been most influential in your life thus far?

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What personal observations have you seen, positive or negative, that have been most influential in your life thus far?

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## Build Box

### *h Message: Be Intentional*

You have been introduced to the concept of growth mindset, but now you must be **intentional** with *how* you use your mindset.

The growth mindset does not fear change or new concepts, but rather embraces diverse information. The growth mindset does so with the **intent** of gathering a variety of information in order to make good or sound judgements.

The more we learn, the more we know, the more options we have to build the best version of ourselves.

### *Definition*

**CONVICTION** is your inner desire or belief to relentlessly and passionately work towards achieving a personal goal or outcome.

### **What have you displayed conviction for in your life?**

In other words, what you have you relentless pursued and passionately worked or are currently working towards?

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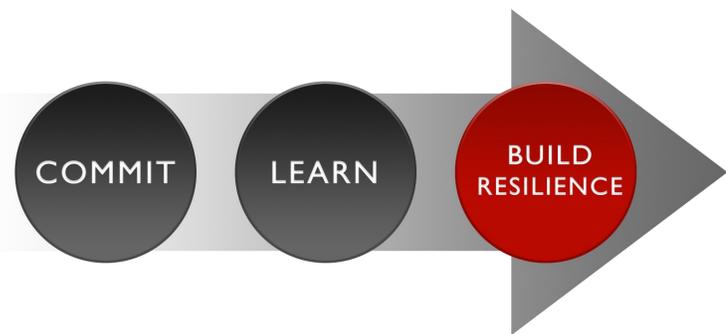
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The h process will highlight three steps to help build your resiliency 1) Be Intentional 2) Build Perspective 3) Have Conviction. Through these steps, you will learn how to become more resilient, which is critical component to building the best version of you.

Resiliency, or the ‘ability to bounce back’ or overcome challenges or adversities, must be built. Many people are unable to handle difficult situations because they have not taken the time to build the skill sets necessary for resilience.



### **Build Perspective:**

The more experiences you have, the more people you meet, the more education you receive, the more challenges you overcome, the more perspective you will have. Perspective allow us to have a better understanding of the world around us.

Do you enjoy “stepping outside of your comfort zone” meetings diverse people or experiencing new things or would you rather create a routine, minimize your interactions with others and just focus on you? Explain below.

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## Session 3: Build Resiliency

Building resiliency is a process. It is important to note that a process is a series of actions that work together to produce an end. A process takes time and it should not be rushed. In order to build the best version of you, you must learn how to be intentional specifically with your actions and behaviors, but at the same time, you must be patient with the process in order to learn helpful skills that will assist you.

**Rate yourself: How intentional do you believe you are with your actions and behaviors?**

1      2      3      4      5      6      7      8      9      10

1 means “I have not ever thought about it.”

5 means “I am intentional most of the time.”

10 means “I am always intentional.”

Please explain your answer.

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Perspective can be simply defined as how you view life. How can your perspective help to build your resiliency?

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**Conviction:**

**How badly do you really want to be the best version of you?**

The ideal way to approach this exercise is to answer the following questions in as much detail as possible. Avoid writing a simple “yes” answer and take the necessary time to think about your responses.

How badly do you want to be great? Why?

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How important is being successful to you? Why?

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How much are you willing to sacrifice to reach your goals? Why?

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Do you have the conviction necessary to fight through the hard times ahead? Why?

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How hard are you willing to work to build your resilience? Why?

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