



## Getting the Reps with: Super Bowl MVP Hines Ward

### Giving Yourself Opportunities

#### Key Takeaways

- Just saying what you want to do - make it to the pros, go to college, etc - is different from going out and giving yourself an opportunity to do it.
- Being a competitor, Hines took great pride in doing schoolwork. When he missed an answer he took it as a challenge.
- There are people who you think are your friends but they might be holding you back. The hardest thing to do is sometimes to separate yourself from people telling you what you can't do.

#### Things to Think About

- What are some big goals you want to achieve in life? How are you helping give yourself an opportunity?
- What does it look/sound like when the people around you are holding you back? How do you react?

#### Ways to Practice

- Pick one way you're going to compete *outside* of your sport this week.
- Notice this week when people around you are encouraging or discouraging you. Can you still choose to do what's best for you?

