



## Getting the Reps with: NBA Player Jason Collins

### Choosing Role Models

#### Key Takeaways

- When you see someone that you admire start thinking about what they have done to make them successful.
- Remember that everybody is human and everyone makes mistakes, but you can pick qualities that you admire and incorporate them yourself.
- It isn't just about sport. Look to athletes who use their voice to help others.
- "Start where you are. Use what you have. Do what you can." - Arthur Ashe

#### Things to Think About

- Who is one athlete who you look up to? What are some of the things you think have made them successful?
- Are there any athletes (or others) who you have noticed using their voice to help others?
- What is one way you can use your own platform to lift someone else up?

#### Ways to Practice

- Pick a role model you look up to and do a little research. What do they stand for? How do they use their platform?
- Choose one way you will use your own voice or platform to help others this week.

