



Getting the Reps with: NFL Player Doug Baldwin

Strength in Honesty

Key Takeaways

- In the competitive environment men are often taught not to talk about their problems. If there's a barrier in your way, you run through it.
- There are times in the real world where that mindset can be helpful. Sometimes you just need to find a solution.
- But we also need to learn how to speak about our problems. There is strength in being honest when you're not okay.
- Becoming aware of your negative emotions and being able to admit it and get help will also make you a better athlete.

Things to Think About

- When do you think it's best to be honest about your emotions rather than just pushing through them?
- Can you identify your own negative emotions? What does that look or feel like for you?

Ways to Practice

- With a group or a friend, share one thing that you have struggled with.
- Set a time once a week that you are going to intentionally check in on your own emotions. Try to identify when they're taking a negative turn.

