



Getting the Reps with: USA Volleyball's Cassidy Lichtman

People Like Me

Key Takeaways

- There's always somebody who wants to try tell you who you are and what you can or can't do.
- These stereotypes exist in everything we consume, when we see these same images and stories over and over again.
- The first step is to be aware of those stereotypes as they come up in your life or in the media you consume.
- The stories are all made up. If one of those stereotypes doesn't feel right or authentic to who you are, you don't have to fit in that story.

Things to Think About

- What is an example of a situation in which someone has made assumptions about you? Did they feel right?
- What would you want "people like you" to be like?
- What are some of the qualities you think make a strong leader?

Ways to Practice

- You decide your own story. Pick one quality that you *want* to have and one way you're going to live up to that this week.
- Notice stereotypes in your world. Find one example this week, in your own life or something you watch where an assumption is made about you or someone else.

