



Getting the Reps with: NFL Player Doug Baldwin

It's Only Temporary

Key Takeaways

- Bad things are going to happen. There will be situations outside of your control where you'll experience negative outcomes but it's only temporary.
- When you're going through a dark time there can be lessons that you are learning that will come out positive on the other end.
- Sometimes the best thing to do is just put your head down and focus on what you can control and whatever comes of it will come.
- You have to have something to fall back on, some hope that you'll come out of it.

Things to Think About

- How do you react when bad things happen? What are your thoughts like?
- What kinds of things feel out of your control sometimes? What are some things that are always under your control?

Ways to Practice

- Grab a partner or a friend and tell them about a time when you were struggling but you came out of it.
- Come up with a list of things in your life that you can control. Keep that list for when you're going through a tough time.

