



Getting the Reps with: The Warriors' Steve Kerr

"Be A Man"

Key Takeaways

- Young men growing up often are trying to be the toughest of manliest but it's important to grow and to remember how important compassion and empathy are.
- What it means to "be a man" is to take care of your responsibilities and help everyone else do the same.
- It's something you have to work on every day and it's not overly glorifying but that's what being a man is.

Things to Think About

- What does being a man look like to you?
- What's an example of someone you know or someone you look up to being tough?
- What are some of the responsibilities you have as an athlete? Outside of your sport?

Ways to Practice

- What's a responsibility you can commit to this week? Pick one for your sport and one outside of sports.
- What's one way you can help someone else take on their responsibilities this week?

