



GRATITUDE & SERVICE

List 3 things you are most **GRATEFUL** for:

- 1.
- 2.
- 3.

What is one area at home you can do a better job at **HELPING** your family?

Mindset Challenges & Team Discussion:

When and how will you get your daily gratitude reps in?

Feed the Good Wolf. Write down 3 things you like about yourself... focus on what you have, not what you don't have:

- 1.
- 2.
- 3.

How will you be more intentional about serving others and being a better teammate this year?

COURAGE

"RESET" PLAN

RESET WORD:

ONE FEAR I'M GOING TO ATTACK:

LET'S GO BUDDY:

Mindset Challenges & Team Discussion:

Why is it so hard to be vulnerable? Remember, asking for help is a sign of strength. How can we be more vulnerable with each other this year?

How will you make learning and growth a huge focus this year? When and where will you get your GOOD, BETTER, NEXT reps in?

MINDFULNESS

When and where will you get your **SVP** reps in (Stillness. Visualize. Positive Self-Talk)?

Mindset Challenges & Team Discussion:

Describe in great detail what your goal is (could be a life goal or sport goal). What will you be wearing, seeing, feeling, and doing? Share with a teammate.