

I'M GON'NED
NEEDED
NEMY
SHIRT
BACK

Worksheet Playbook

FOR STUDENT-ATHLETES

THE S.O.P.R.O APPROACH



SELF-AWARENESS: Knowing who **YOU ARE!**



ORGANIZATION: Cultivating **YOUR PROCESS!**



PRESENT: Being **CONNECTED** & more **ACCOUNTABLE!**



RESILIENCE: Being **RESOURCEFUL** and **CREATIVE!**



OPTIMISM: Being **POSITIVE** and leaving your **MARK!**

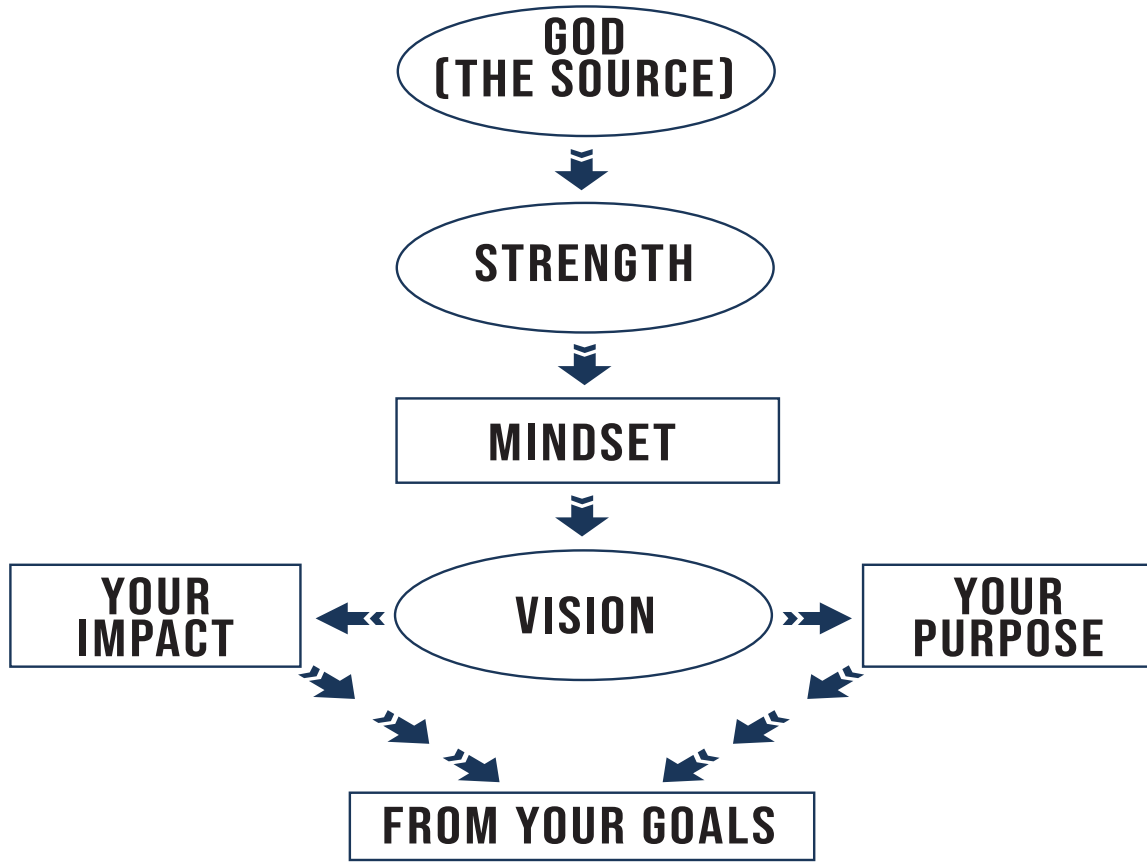
MUST HAVE WISHLIST

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THE S.O.P.R.O MINDSET



ACTIONS	
➤ EFFORT	➤ SERVICE
➤ CLARITY	➤ INTENTIONS
➤ DECISION	➤ GRATITUDE
➤ CONSISTENCY	➤ SUPPORT

WHAT WILL YOU DO WITH YOUR PLATFORM?

WHO'S IN YOUR TRIBE?

Having a support system that rides for you is such a blessing! In difficult times they're there to show you the ropes and give good solid advice. Proverbs 15:22 (NLT) says, "Plans go wrong for lack of advice; many advisers bring success." While you're preparing to make your decision, please take a moment to identify your tribe. The people in your tribe can be family members, friends, coaches or mentors. This circle should be made up of people that you trust. Usually these are the people who have impacted your life in a positive way. They should be people that are honest and bring value to your life. Identify the most influential people in your life and ask them for advice on what you should do in this moment.

Who's the top six most influential people in your tribe and write down the advice they gave you?

NAME	ADVICE GIVEN

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SCHOLARSHIP » PROGRAM » ATMOSPHERE » COMPATIBILITY » ELEVATION

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College: _____

SCHOLARSHIP:

Full Scholarship or Partial Scholarship (Circle One)

Explain: _____

Book Scholarship YES NO

Eligible for Pell Grant or Financial Aid YES NO

What steps do I need to take to secure my financial aid? (Ask the Coach about this)

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2. _____

3. _____

4. _____

Other information: _____

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What are the peaks (pros) and valleys (cons) of this conference?

PROS	CONS

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List the coaching staff:

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Is there a strong alumni presence? YES NO

What can you bring to this table to make this program better? _____

ATMOSPHERE:

PWI or HBCU (Circle One)

My thoughts: _____

Is this campus atmosphere going to be supportive? _____

Does this school offer my major (degree plan)? _____

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Do you know how to conduct yourself in different social settings? _____

Will the campus culture distract me from growing or challenge me to grow? _____

COMPATIBILITY:

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THE RECRUIT



THE COMMIT



BIG FISH IN A SMALL POND YOU REPRESENT YOURSELF

- Represent yourself and building your portfolio
- You have the whole world in front of you and you're focused on the future
- Ego Booster AKA your Comfort Zone
- Building VALUE

GOES FROM BEING:
JUST A GAME

SMALL FISH IN A BIG POND YOU REPRESENT THE SCHOOL

- Become a number and a representative
- Starting over from scratch and you're in unfamiliar territory
- More attention comes more responsibility
- Become DISPOSABLE

TO BEING:
JUST A BUSINESS

MY DAILY CHART

MORNING ROUTINE

SET THE ATMOSPHERE

- 1) WAKE-UP TIME:
- 2) CHOOSE A SPACE:
- 3) SET MUSIC PLAYLIST
- 4) CONTROL THE 1ST HOUR

CONTROL THE 1ST HOUR

- BIBLE STUDY & PRAYER
- MEDITATE (QUIET TIME)
- WEEKLY WORD & THEME
- DAILY AFFIRMATIONS

TOP TASKS FOR TODAY:

PRACTICE TIME:
SELF-CARE TIME:
BEDTIME/NAPTIME:

NIGHT ROUTINE

CONTROL THE LAST HOUR

- WRITE TOP TASKS
- REFLECTION JOURNAL
- GRATITUDE
- PRAYER

GRATITUDE

TODAY I'M GRATEFUL FOR:

- 1)
- 2)
- 3)
- 4)

YOUR BOTTOMLINE STATEMENT

INSPIRATIONAL QUOTES

SELF-AWARENESS

“

”

Enter Quote Of Choice Here

HOW DO I DEFINE SELF-AWARENESS?

HOW DOES SELF-AWARENESS BENEFIT ME?

HOW CAN I APPLY SELF-AWARENESS?

INSPIRATIONAL QUOTES

ORGANIZATION

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HOW DO I DEFINE ORGANIZATION?

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PRESENT

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INSPIRATIONAL QUOTES

RESILIENCE

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HOW DO I DEFINE RESILIENCE?

HOW DOES RESILIENCE BENEFIT ME?

HOW CAN I APPLY RESILIENCE?

WHAT YOU

HEAR

THINK

SEE

YOU

DRAW INSPIRATION FROM YOUR
ATMOSPHERE

POSITIVE

- ▶ Uplifting Music
- ▶ Likeminded friends
- ▶ Support System
- ▶ Positive messages
- ▶ Inspirational Quotes
- ▶ Daily Affirmations

NEGATIVE

- ▶ Depressing Music
- ▶ Messy Friends
- ▶ Toxic Relationships
- ▶ Negative Thoughts
- ▶ Gossip and Bad Comments
- ▶ Self-Doubt

INSPIRATIONAL QUOTES

OPTIMISM

“

”

Enter Quote Of Choice Here

HOW DO I DEFINE OPTIMISM?

HOW DOES OPTIMISM BENEFIT ME?

HOW CAN I APPLY OPTIMISM?

FINANCIAL BUDGET CHART

MONTHLY EXPENSES

EXPENSE TYPE	AMOUNT
INCOME	
	\$
	\$
	\$
TOTAL	\$
EXPENSES	
Tithes (10% of total income)	\$
Gas/Car note	\$
Food/Groceries	\$
Personal/Hygiene	\$
Housing/Rent	\$
Cell Phone	\$
Family Funds	\$
Fun Money	\$
Shopping	\$
TOTAL	\$
SAVINGS	\$

