

EPISODE 1 | Why Are Players Held To A Higher Standard Than Coaches?

BRAD STEVENS AND CHRIS PETERSEN

QUESTIONS:

- 1 • Brad said, “If you wrap your identity around trophies, it won’t be as fulfilling.” We know this on paper. So why do so many people still do it?
- 2 • Chris said if you get close and don’t achieve it, “You think: If I would have got it, everything changes. And, nothing changes.” If you knew in your heart that nothing changes, how do you think that could be a competitive advantage?
- 3 • Brad said, “Players are oftentimes held to a higher standard than coaches when it comes to selflessness.” How do you think about that thought? And, when have you see that in your own life?
- 4 • When it’s never enough, you’re always focused on what’s next. How do you prevent yourself from falling into that trap of an unfulfilling journey? What makes it hard for you personally?
- 5 • Many people will say that confidence comes from preparation. But, there’s a line of diminishing returns. What’s the best lesson you’ve learned about your line of diminishing returns?