

## **EPISODE 4 | Leadership From an Athlete's Perspective**

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### **QUESTIONS:**

- 1 • When has the environment needed your voice and you didn't speak up? What prevented you from doing that?
- 2 • What's validated an incorrect belief that you've had in your life?
- 3 • Who's been the most hard-to-reach teammate you've encountered? What made it difficult?
- 4 • How can you improve your relationship with uncertainty?
- 5 • What are five things you could do to guarantee an unhappy life?