

*ih* LEADERSHIP



INTROSPECTIVE DEVELOPMENT WORKBOOK



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### *The h Philosophy*

Nothing great in life is easy to achieve. Greatness only happens by our willingness to learn, plan, and build the resiliency necessary to achieve our personal goals.

This manual will educate, challenge, and encourage you to reflect and evaluate on who you are, where you want to be and how you will get there.

First, be brutally honest with yourself. It is the only way to truly improve.

Second, make sure your answers are detailed so you can use them as personal growth points.

Third, remain positive and patient. Change takes time, and the journey may be difficult. Becoming your best self is worth the investment, sacrifice, and time necessary.

#### **Key Point to Remember:**

Learn to challenge yourself

Don't rush the process

Short cuts will not help you

Ask questions

Positive people make a difference

# Introduction

The h Leadership mission is to educate and inspire through lessons learned in sport. Society in general is intrigued by the world of professional sport. Young men and women aspire to be NBA, LPGA, or NFL superstars, but what most people fail to realize is that professional superstardom is a feat that less than 1% of entire population achieves. The lesson learned in this statistic is that superstardom can be achieved by the other 99% of the population, but not in the arena of professional sport.

Do not be discouraged by these numbers; be realistic and be inspired to pursue greatness in areas that will support you for life-long success. Two primary areas include education and character/leadership development.

Consider your education as the single most important investment of your life. Your mind, ability to reason, rationalize, make sound decisions, establish and cultivate a successful career and, one day, support a family all stem from the teachings of the primary, secondary, and higher education systems. Although life in general is a great teaching tool, your academic education is an invaluable opportunity to increase your “intellectual capital” and position yourself for success.

A second key investment for your future is character/leadership development. Aspire to be a role model, an individual that people look up to and respect. Sport happens to be one of the most valuable learning tools when it comes to leadership and life skill development. Sport provides an extraordinary amount of intangible benefits (ideals that you cannot see or grasp, but positively impact your daily life such as, sacrifice, determination, resiliency, focus, strategy etc.). These intangible benefits are educational/character development tools that will aid and support you in your long and often challenging quest for personal greatness.

## Athletic Transferable Skills

The concept of Athletic Transferable Skills emphasizes the ability to transfer the character/leadership and life skills learned from sport and successfully apply these same skills to life. This guide, the Introspective Leadership Workbook, has been designed not only to educate you, but challenge you and help you reflect and evaluate who you are, where you want to be and how you will get there.

Remember, build and believe! Work daily to be great and remember: **Greatness is the product of many attributes, but primarily discipline and sacrifice, which are extremely difficult to uphold. Challenge yourself and be prepared for the toughest most rewarding journey of your life.**

Our team at h Leadership is excited for your personal journey. Welcome to the h Process!

– Joe Heskett

Chief Visionary Officer, h Leadership

## What To Expect

### **Why is the h Leadership Development Workbook important?**

Regardless of your role in sport; parent, coach, or athlete we all need direction and guidance. This workbook has been intentionally designed to not only impact the cognitive development of the athletes through the process of introspection, but also to integrate parents/guardians and coaches into the process of athlete learning. Asking “why” is important, but outlining and executing the “how” is a learned skill set that takes much practice, patience, and self-understanding. The positive influence that this workbook can provide is not solely in the pages, but more importantly how the content is utilized, how the parents and coaches collaborate with the athlete and most importantly how open the athlete is to learn and commit to building the best version of themselves.

### **Workbook Objectives:**

1. To educate, encourage, and inspire athletes to best the best version of themselves.
2. Provide parents, coaches, and athletes with a developmental framework that promotes self-understanding and encourages greatness through daily personal development.
3. To create a life skills learning environment for athletes that is not only supported by both the parent(s)/guardians and coaches, but to also create a common language in order to effectively communicate.

### **Contents Inside:**

The contents included are the introduction, table of contents, a visual overview of the modules, a module introduction page (Module 1) as well as a module work page or session (Module 6). Each module is broken down into 3 learning sessions. The full length h Leadership Introspective Workbook will also include motivational quotes and poems. One example of a motivational poem is included within.

## Build Box

### Definition

ACCOUNTABILITY is simply the condition of being responsible for one's actions or decision.

### *h* Message: Morning Mirror Test (MMT)

Every morning when you take a look in the mirror, you see looking back at you the most important and precious person on the planet. As you stare back at yourself, take a moment and ask yourself, "Am I really working on being the best version of myself?" Starting the day with the Mirror Morning Test we begin the day by asking the only person who can answer this very important question.

### *h* Message: Man in The Mirror

If you have never heard of the song "Man in The Mirror" by Michael Jackson, take some time and not only listen to one of the greatest music artists of all time, but look up the powerful lyrics behind the song (you can find them online).

Self-reflection can be a hard process because sometimes we don't like what we see or know about ourselves, but the reality that is no one is perfect and we can all grow, improve, and change.

**Do you believe you can be honest with yourself during the self-reflection process? Circle Yes or No.**

**Why or why not?**


## MODULE 6:

### Building a Champion's Mindset

You are the only one responsible for your successes. You will have support along the way, but you and only you can build the best version of yourself. Your parents, coaches, friends, and teachers are all important aspects of your growth and ultimate success, but the work and sacrifice necessary comes from one person... you guessed it, you!

You must hold yourself accountable for your daily decisions, actions, and behaviors. One very important measurement tool to help in your journey of personal growth is the process of self-reflection. This one simple question can help you get better every single day: "How can I continue to improve?" Have fun with this process and make a commitment to yourself to improve daily.

### How can you improve being accountable?




Session 3: Self-Reflect

This exercise is for you to self-reflect on the specific area below and write down your thoughts. Each of these questions asks you to think "How can I continue to improve?"

**How can I improve my relationship with my parents or guardians?**

Three horizontal lines for writing, enclosed in a dashed border.

**How can I improve my relationships with either (choose one) my siblings or my friends?**

Three horizontal lines for writing, enclosed in a dashed border.

**How can I continue to improve at my sport?**

Three horizontal lines for writing, enclosed in a dashed border.

**How can I continue to improve academically or at school?**

Three horizontal lines for writing, enclosed in a dashed border.

**How can I continue to improve my emotional energy or mental mindset?**

Three horizontal lines for writing, enclosed in a dashed border.

### Build Box

“You have to expect things of yourself before you can do them.”  
- Michael Jordan

#### *h* Message: *Commitment*

Commitment is simply your ability to remain highly dedicated to a task, project, or goal until that task, project, or goal is completed. Commitment can be challenging because many distractions can pull us away from our task, project, or goal.

Building the best version of you begins with a foundation of your **COMMITMENT**. Will you commit to being the best version of yourself?

This foundation also requires **LEARNING**. Are you willing to keep an open mind, learn new things, and grow intellectually as a person?

The final foundation block is **RESILIENCY**. Will you invest the time to build the skill sets necessary to bounce back from all challenges, hard times, and sadness in your life?

Are you excited to build the best version of you? Circle **Yes** or **No**.

Will this be an easy journey? Explain.

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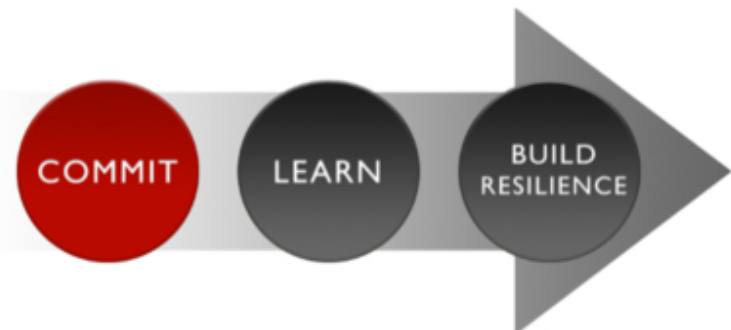
## MODULE 1:

### Building the Best Version of Me

Take a moment and think about the following question: Who is the most important person in your life?

This may have seemed like a trick question and perhaps several names came to mind, but there is one correct answer...**you are!**

Why are you the most important person in your life? Because it is your life and ultimately you are responsible for every decision that you make. Your parents, grandparents, aunts, uncles, best friends, are extremely important, but only you can invest in yourself and build the best version of you possible. Start the self-investment process by making a commitment to greatness!



#### Session 1: Commit

Start with just one personal pledge or commitment in which you will follow through. No matter how difficult times get, remember your commitment will help you become the best version of you.

**I will commit to being...**

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