



IDENTITY



The Difference Between Who We Are and What We Do

People often ask, “What do you do?” or “What do you want to be when you grow up?” But these questions aren’t just about jobs - they’re about identity. Most of us will have many roles in life, yet defining ourselves by them can be misleading.

I learned this firsthand in high school when I was cut from varsity basketball. The toughest part wasn’t missing out - it was feeling “less than” because of my label as a JV player. When I finally made varsity, the relief wasn’t about basketball; it was about identity.

Our experiences - sports, careers, achievements- help us understand ourselves. If we embrace them as learning opportunities, we grow, benefiting not only ourselves but also those around us.

Take a moment to explore your identity:

1. Sit still, breathe deeply, and say: "I am (your full name). I am a (your sport/job)." Repeat three times, noticing how it feels.
2. Then, remove the sport/job. Repeat.
3. Next, remove your last name.
4. Finally, just say: "I Am."

This practice helps separate what you do from who you are. Pay attention to what you feel - you might discover something deeper.

If these questions sparked some curiosity and understanding for you, pick up a copy of **"FROM GOOD TO GREAT ATHLETES JOURNAL"** and dare dive deeper. **3A Athletics** exists to transform the landscape of youth sports into a place where we all thrive. See you on the field.



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