



## Getting the Reps with: NFL Player Doug Baldwin

### On This Rock

#### Key Takeaways

- How do you look at another human being and say, how can I help and support this person?
- If you're creating a winning culture everybody has to be willing to sacrifice so that the team can be successful.
- You have to realize that the person next to you is your teammate and think about what is best for that person. *And* take care of yourself so that you can do that.

#### Things to Think About

- What are some of the ways you can serve the people on your team? In your class? In your family?
- What's an example of a time that someone else has been selfless in support of you?

#### Ways to Practice

- Come up with one way you are going to support a teammate or classmate this week.
- Think of someone you don't know very well. Come up with one way you can be selfless in service of them this week.

