



Getting the Reps with: NBA Legend Grant Hill

The Entire Person

Key Takeaways

- Sports can consume you but there is a real advantage in trying to have some balance and develop personal skills outside your sport.
- Even if you are a successful athlete, there will be a lot of life ahead of you when it ends so you need to take time to develop all aspects of who you are.
- Develop a love of learning and growing and have an open mind. What you take away in the end is the people, the life lessons and the growth you had.

Things to Think About

- Do you ever feel like your life is out of balance? Which part of your life tends to take over?
- What's one thing you would like to give more time or attention to in your life?

Ways to Practice

- Come up with one personal skill outside of sports that you want to improve on. Dedicate time to it this week.
- Practice curiosity. Think of one thing you care about that you want to learn something about this week.

