

Not all things are as they appear. For instance, sometimes we pour ourselves into things expecting certain results... only to discover that we were misinformed about where to put our energy. Just like the water I poured into this cup. It's only an illusion - an empty illusion.

Let's look at Sarah and what she learned about the illusion of being a winner. Sarah thought winners were people who had tall trophies, shiny medals, and blue ribbons. When she looked at the mantel at her house and saw she didn't have any, she thought she must be a... well, she didn't want to say the "L" word but she worried that it must be true. The harder she tried to win at anything - school, sports, or music - she always came up empty handed. Then one day her dad suggested that perhaps she was looking in the wrong place and working the wrong way. "What do you mean? I always try hard to win." she said. Her dad replied, "Instead of looking at the mantel and always comparing yourself to others, try looking in the mirror and compare yourself only to you." Then he gave her a new definition of winning that changed everything. "Winning is ending each day being a little better than you were that morning." That's all it is.

Sarah's dad understood an important truth - If you make a tiny bit of progress every single day, and end that day better than you were that morning, you are winning. And if you are winning, day after day, you must be a winner. It's all about daily progress.

For example, winning could mean studying for a test better than you did yesterday. Or being more patient with your family today than you were yesterday; Or being more organized than you were yesterday; Or covering your man better than you did yesterday; watching the ball better than yesterday; It's always about competing with yourself...with YOUR previous best.

What the world calls winning is actually the inevitable outcome of beating your own personal best day after day. And a trophy is just a symbol of your victory over self-doubt, fear, and laziness. Sarah liked the idea of competing against herself. She believed she could beat her best over and over again, and then she'd let the trophies just show up on their own.

Take the pressure off yourself. Instead of comparing yourself to others, focus on ending each day a little better than you were that morning in some area of your life. You'll feel like a winner every day!

### **LEARNING OBJECTIVE:**

Students will understand the benefits of daily progress toward goals and articulate examples.

### **INSTRUCTIONS:**

Distribute the handout to students after viewing the video. Answers to questions #1 & #2 can be shared.

### CONSIDER THIS :

- When you perform poorly compared to your best, but still beat the competition, how do you feel?
- When you beat your personal best, but still get beat by others, how do you feel?
- What is more important to you: beating others, or beating your best?
- Which one is most beneficial to you in the long run?

# Illusions of Winning Worksheet

Answers the questions below and share your responses to #1 & #2 only.

1

Why do we compare ourselves and our performances to other people so often?

Blank yellow box for response to question 1.

2

What would be the benefits of comparing yourself to your best instead of to other peoples' best?

Blank light blue box for response to question 2.

3

Name two specific areas of your life in which you'd like to make daily progress and why.

Life skill #1

Blank light orange box for response to question 3, part 1.

Life skill #2

Blank light orange box for response to question 3, part 2.