



## Getting the Reps with: The Warriors' Steve Kerr

### "Strength in Numbers"

#### Key Takeaways

- Selflessness in a team sport translates directly to winning because you can work most efficiently and effectively when players work together.
- Real strength lies in knowing what you don't know, empowering others, being secure in your own skin and sometimes leading by letting others lead.
- The majority of successful people are ones who collaborate, take responsibility and care for others.

#### Things to Think About

- How can being selfless or collaborative help you as an athlete?
- How can it help you outside your sport?
- What does strength mean to you? What are some of the qualities that you think make a strong leader?

#### Ways to Practice

- This week, find one way to empower or help both a teammate and someone outside your team.
- Find one opportunity to take advice from or collaborate with a teammate and someone outside your team.
- Think about the qualities you came up with around strength. Find one way you can embody those qualities this week.

