



Getting the Reps with: Olympian Jessica Mendoza

Owning It

Key Takeaways

- When you pick apart someone else and try to find all the things that are wrong you might miss out on the beauty of what makes them great.
- It's ok to be different. You don't need to fit into some kind of box.
- Own what makes you unique and sets you apart.
- There is more doubt and insecurity when you're trying to be someone you're not because at the end of the day you know you're faking it.

Things to Think About

- What is something that makes you different? Do you own it?
- Can you think of a time when you or others have picked someone else apart?
How do you feel looking back on that?

Ways to Practice

- Get a partner and tell each other one thing that makes you unique. Listen to your partner without judgment.
- Pick one thing that you are passionate about that you decide to own this week.
What does that look like for you?

