

MAKE YOUR OWN HISTORY

Simone Biles Worksheet



Insist On Your Best

Simone Biles had to overcome many obstacles to become the most decorated — Olympic and World Championship medals — U.S. gymnast of all time. Be inspired by Biles' example. Like her, possess the courage to take on and defeat whatever confronts you; follow her virtues-driven advice as you:

INSIST ON YOUR BEST

A successful competition for me is always going out there and putting 100 percent into whatever I'm doing.

Ask yourself:

Am I committed to “putting 100 percent into whatever I’m doing?” . . . What are the greatest challenges that I face in life? . . . What is the best way to keep those challenges from distracting me from being my very best?

IGNORE THE NEGATIVES

I don't really think about the degree of difficulty or the possibility of making a mistake. I just try to relax and let my preparation and training take over.

Ask yourself:

Am I more focused on the negatives or the positives of my life? . . . What do I have to do to stay focused on the good that I’m doing . . . to make me feel better, feel stronger about myself?

INSPIRE THE KIDS

I want kids to learn that, yes, it's okay to acknowledge that you're good or even great at something.

Ask yourself:

How can I follow in Biles’ footsteps and be an inspiration to others?