

Chapter One

Questions

- What does being competitive look like for your child in their sport?
- How would being the best FOR the world change your perspective as a parent?
- How would your child benefit from you adopting this mindset?
- How would it impact your child if they had COMPLETE CONFIDENCE that you cared more about them being the best FOR the world as opposed to the best IN the world?
- What would happen if your child adopted the *Be the Best FOR the World™* mindset?

Exercise

- Sit down with your child and discuss the definition of healthy versus unhealthy competition. Describe your experience below.