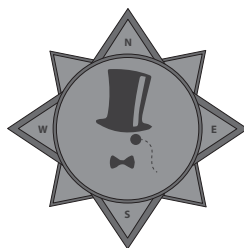


## WINNING AND LOSING WITH GRACE

They say that no one likes a sore loser and there is a lot of truth to that. But you know what, no one particularly likes a winner who is full of themselves either. When someone beats me, that's fine. When they start to do that victory dance and pointing at me, the loser, while they laugh at me, at that point I'm about ready to go Rabid Raccoon on their victory dance. But I don't, because that would not be Trekker of me. I need to be the bigger critter in this situation.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

Exhibit good character in the next three weeks, whether you win or lose.

- First, we all want to win and someone has to lose. So know it is inevitable. Play to win and give it your best shot.

- Understand that being the best at a board game, video game, sports, or anything else does not define who you are. In fact, unless you are a pro-athlete, in the great scheme of things, it really does not matter.

- When you do lose, think about why and use that as a reflection on what you might do differently next time. Most winners exist because they lost a bunch of times but didn't give up. They kept trying and changing it up.

- Understand that while you may win or you may lose, the real measure of a person is whether you gave it your very best. I have no shame when I come in dead last if I did my best. What it might tell me is that activity simply is not where my strong suit is.

- When you do win, encourage others. Find something positive to say, "Wow, you really tried hard, great effort." "You nearly had me that time. You're really improving. Keep it up."

- Share the victory. You might have won, but everyone that gave it their best is a champion. Because behind these activities we are building character. That attitude of trying our hardest and not giving up is a winning attitude in my book.

