

## **Being grateful as an athlete**...adapted from

<https://athletesinaction.org/underreview/seven-habits-of-a-grateful-athlete#.XdQryTJKhYg>

This Thanksgiving season is a nice time to think about gratefulness. And as an athlete, you can be grateful as well.

Gratitude is like a muscle—it gets stronger if we consistently give it attention and push it beyond its level of comfort. If we fail to exercise it consistently, our ability to be thankful atrophies and dies slowly.

Here are a few habits of thankful athletes, mental choices that athletes can incorporate into their daily lives to grow and maintain their gratitude “muscles.”

### **Grateful athletes take time to soak in the moment**

Before a practice or competition, take a deep breath, and make it a point to appreciate what they are about to engage in. You get to play a game you love in front of fans who cheer you on in the process.

Is there pressure involved in that? Sure. But grateful athletes make it a habit to pause and enjoy, if only for a moment, the unique opportunity they get to experience.

### **Grateful athletes are coachable**

They listen to advice and instruction from their coaches and, when appropriate, from their fellow teammates. They realize they do not have all of the answers. Even if they disagree with input that is given, it will not keep them from at least testing it out on the field. Grateful athletes have an appreciation of the authority they currently sit under and a desire to soak up any knowledge given to them.

### **Grateful athletes recognize excellence in their opponent**

They have an appreciation for their competitors. Have you ever noticed that rivals tend to bring their best to the table when they play? Grateful athletes practice gratitude towards a rival on two levels.

One, they are thankful that their rival will ultimately bring out the best in their own performance.

Two, because their joy is not dependent on winning, they are able to appreciate and look forward to the competition itself. Grateful athletes have a unique ability to want to beat their opponent while at the same time appreciating the intensity that is about to ensue.

Let tonight's games be a time where you can take time to be grateful. Let's take a moment to pray or have a moment of silence for reflection.