

## **PARTNERSHIP**

**What's my role in helping you \_\_\_\_\_ ?**

Situation: An athlete said, "Man. I want to break out of this cycle of worrying about other people's expectations. Seriously, people have said, 'He's the biggest draft bust in the past 10 years.' And, 'He's a future All-Star,' in the matter of a week span." I asked:

**What's my role in helping you deal with expectations?**

Help me understand why I'm affected by them so much.

**Did you see Dusty Baker's (Manager: Houston Astros) on-field interview right after he won his first World Series as a manager?**

No.

**The first thing the interviewer said was, "This morning, Dusty Baker had managed the most games without a World Series Title. No anymore." What can we learn from that?**

That's crazy, man. It's like you always say, "The higher the level you go, the more people focus on what you haven't done as opposed to what you have."

**Do you know how old Dusty Baker is?**

No.

**He's 73 years old. What do you think about that?**

He's been dealing with the outside focusing on what he hasn't done for a long time.

After he did that interview, he went over to the on-field desk to do his second interview. David Ortiz asked the first question. He asked Dusty, “What’s next?” Isn’t that crazy?

Man. That is crazy. He worked 73 years to reach a goal and within 20 minutes of accomplishing that goal, he’s asked, “What’s next?”

**What can we learn from that?**

Before you get it, all people focus on is that you don’t have it. Then once you get it, people focus on what’s next. If you wrap your self-worth into other people’s expectations, you’ll feel like you’re never good enough.

**What can you do with that understanding?**

Realize everything is a two-day story. No matter what happens, win or loss, people move on. If you practice having that clarity, you realize that it’s ridiculous to let your long-term development and peace of mind to get disrupted by short-term opinions.

**OTHER WAYS TO USE THIS QUESTION:**

- What’s my role in helping you become independent from your parents?
- What’s my role in helping you navigate all the good/bad attention you’re getting?
- What’s my role in helping you find a deeper purpose for what you’re doing?