

Theme of the Week:

ATTITUDE

Your behavior or demeanor in how you act or react to a person or situation.



VERSE

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Philippians 4:8

ACTION

What are you going to do this week to show everyone around you that you have a good attitude?

Examples: Homework without grumbling, doing a chore without complaining, having a good attitude when they mess up, etc.

WHAT DOES A GOOD ATTITUDE LOOK LIKE?

Many people let their circumstances determine their attitudes. If something bad happens to them or someone says something negative to them, their attitude goes into the tank. The world can throw you a curve ball from time to time and things won't always go your way. When those things happen, your attitude is going to determine your end result.

Let's say you are losing in your flag football game and you are feeling down. You have a choice. You can both feel sorry for yourself and dwell on the mistakes or you can pump up your teammates by cheering them on. You could sit down and be mad or you can try harder than you have before! What do you want to be known for?

Your attitude does not only impact you but all of your coaches and teammates. You have the ability to help others by having a great attitude in spite of what is going on. Win or lose, your attitude and how you carry yourself is what will be remembered.

**A POSITIVE ATTITUDE WILL
ALWAYS PRECEDE SUCCESS AND A
NEGATIVE ATTITUDE ALMOST
ALWAYS LEADS TO FAILURE.**

PLEASE REVIEW THE SHORT VIDEO AND LESSON BELOW
AND THEN SHARE IT WITH YOUR SON OR DAUGHTER.



REVIEW THESE QUESTIONS WITH YOUR ATHLETE:

- What did you see in the video that showed you Avi had a good attitude?
- How did it affect his teammates?
- How did it affect his coaches?
- What do you think his attitude is like at home or at school?
- Why would it be important to have a good attitude at home and at school?

**“DO EVERYTHING WITHOUT GRUMBLING
OR ARGUING.” - PHILIPPIANS 2:14 -**

REAL LIFE
SPORTS