



## TEAM MOTTO



# CARE FOR YOURSELF

Be strong and fit. Eat healthy and get enough sleep. Accept yourself and be kind to yourself. Eliminate negative self-talk. Find the humor in life. Take advantage of opportunities. Gain confidence through trials and experiences. Be curious, seek answers, gain wisdom. Stay humble and strive for self-improvement. Stay true to yourself and your values.

### Values & Qualities

- Physical Fitness (strength, speed, stamina, mobility, agility, energy, nutrition)
- Mental Wellness (happiness, positivity, peace, enjoyment, humor, satisfaction, motivation)
- Knowledge (intelligence, wisdom, perspective, learning, listening)
- Self-Improvement (growth mindset, goal-setting, humility, reflection)
- Self-Respect (confidence, independence, integrity, honesty)

# CARE FOR OTHERS

Be kind. See the value in others. Listen first, and seek to understand. Be forgiving of flaws and mistakes. Be generous with the help and encouragement you provide. Be thankful for the support you receive. Be honest and trustworthy. Nurture strong connections and rewarding relationships. Make a positive impact on your community.

### Values & Qualities

- Community (connection, involvement, friendship, teamwork, cooperation, relationships)
- Empathy (caring, compassion, respect, forgiveness, kindness, understanding)
- Gratitude (thankfulness, thoughtfulness, humility, appreciation, sportsmanship)
- Generosity (helpfulness, willingness, giving, encouraging)
- Honesty (openness, trust, trustworthiness, communication)

# ACHIEVE GREAT THINGS

Follow your passions. Be willing to work and sacrifice for what your heart desires. Set ambitious goals and hold yourself accountable for outcomes. Have courage and embrace challenges. Be prepared and organized in your plan for success. Stay determined through inevitable setbacks. Be curious and creative. Try new things and learn new skills.

### Values & Qualities

- Courage (mental toughness, vulnerability, grit)
- Commitment (dedication, integrity, reliability, sacrifice)
- Determination (persistence, mental toughness, patience)
- Productivity (innovation, creativity, effort, success, excellence)
- Responsibility (accountability, maturity, duty, preparation, organization, punctuality, self-discipline)