



WEEK 11

WORKBOOK

HANDLING SUCCESS
WITH HUMILITY

"Success is not about me.
It's about we."



Hey Champion,

Earlier in my career, I was fortunate to experience success and earn accolades that I worked incredibly hard for. But I quickly learned that being "at the top" is not a place to become comfortable. It's a place that demands even more discipline, curiosity, and humility.

I realized that the moment you stop asking questions or believe you've learned it all is when growth quietly stops. So, I made a conscious decision to keep showing up as a student of the game - to keep working, learning, and staying grounded - because success should never make you complacent. It should push you to become better.

I remember a coach once told me, "Cailie, the moment you think you've made it is the moment you stop growing. A champion who is 'full' has no room left for improvement." Ouch. But he was right.

Real success isn't about being "big" - it's about staying "small" enough to keep learning. It's about having the Confidence to know you belong at the top, but the Humility to act like you're still a rookie fighting for a spot. One thing I always say is: Remember why you started. You didn't start playing for the stats or the ego; you started for the love of the game.

This week, we are learning how to handle success without letting it change who we are. We are learning to be "hungry and humble." Because no matter how big you get in the game, there is always room to grow.

Cailie



Giannis Antetokounmpo

The Rookie Mindset

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“When you focus on the past, that’s your ego.
When you focus on the future, that’s your pride. I
try to focus on the present, and that is humility.” —

Giannis Antetokounmpo

11 The "Desperate" Path to Greatness

Before he was the "Greek Freak," an NBA Champion, and a back-to-back MVP, Giannis Antetokounmpo was a kid selling watches and sunglasses on the streets of Athens just to help his parents pay the rent. He didn't grow up with the luxury of "dreaming" about the NBA; he grew up with the daily reality of hunger. That hunger is exactly what shaped the greatest mental toughness tool in the game today: The Rookie Mindset.



The Testimony of the Cold Run

There is a story from Giannis's rookie year that perfectly captures who he is. After receiving one of his first paychecks, Giannis went to a Western Union and sent every single penny back to his family in Greece. He was so focused on taking care of them that he forgot to save money for himself.

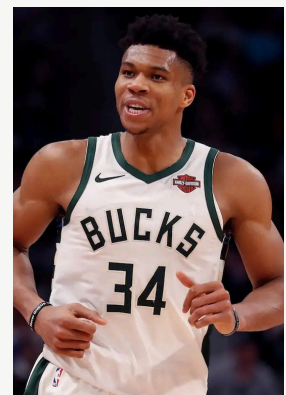


When it was time to head to the arena for his game, he realized he didn't have enough money for a cab. It was sub-zero temperatures in Milwaukee. Most people would have called a teammate or made an excuse to stay home. Not Giannis. He put on a thin windbreaker and began running through the snow toward the arena.



He was a 6'11" teenager sprinting through the cold because his "desperation" to show up was bigger than his ego.

Eventually, a fan recognized him and gave him a ride, but that run through the snow became the symbol of his career: *No excuses, just work.*



Why He Stays "Hungry"

Giannis admits he wasn't born with the same natural talent as other superstars. He says he isn't "the best," but he is the most "obsessed." He uses the memory of being hungry as a child to keep himself "hungry" on the court. He believes that the moment you feel "full" - the moment you think you've made it - is the moment you stop growing.

Core lesson: The Humility Equation

To stay grounded, we practice this formula every single day:

$$\text{Humility} = \text{Confidence} + \text{Gratitude} + \text{Perspective}$$

Confidence:

I worked hard, I prepared, and I deserve this success.

I don't need to play small to be humble.

Gratitude:

I recognize that I didn't get here alone. I am grateful for the coaches, parents, and teammates who opened the doors for me.

Perspective:

My success makes me a great athlete, but it doesn't make me a better human than anyone else. I am more than my stats.

“Mental toughness is the ability to win a championship one day and show up the next morning ready to be coached like a beginner.”

Success Response

When you have a big game or a successful moment, your "Success Response" determines your legacy.

Use these check-ins:

Check Your Language: Swap "I" for "We."
("We executed the plan well" vs. "I played great.")

Check Your Work Ethic: Are you the first one at practice the day after a big win?

Check Your Connection: Find one person who didn't get the spotlight today and tell them specifically how their effort helped the team.

PRACTICAL TOOLS

The "Rookie Mindset" Self-Assessment (Rate 1-10):

- I am still "coachable" even when I'm performing well: ____/10
- I remember to thank those who help me daily: ____/10
- I focus on the work more than the result: ____/10

Success Response Scripts:

- When praised: "Thank you! I'm just really grateful for the opportunity to play and for my team's support."
- When you win big: "It feels great, but I know there's still so much I can learn and improve on tomorrow."

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DAILY JOURNAL

Write down your thoughts on how today was for you.
Write down your goals for tomorrow in the block below.

GOAL

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DAILY REFLECTION: (Did I act like a rookie or a veteran today?
Where can I show more gratitude?)

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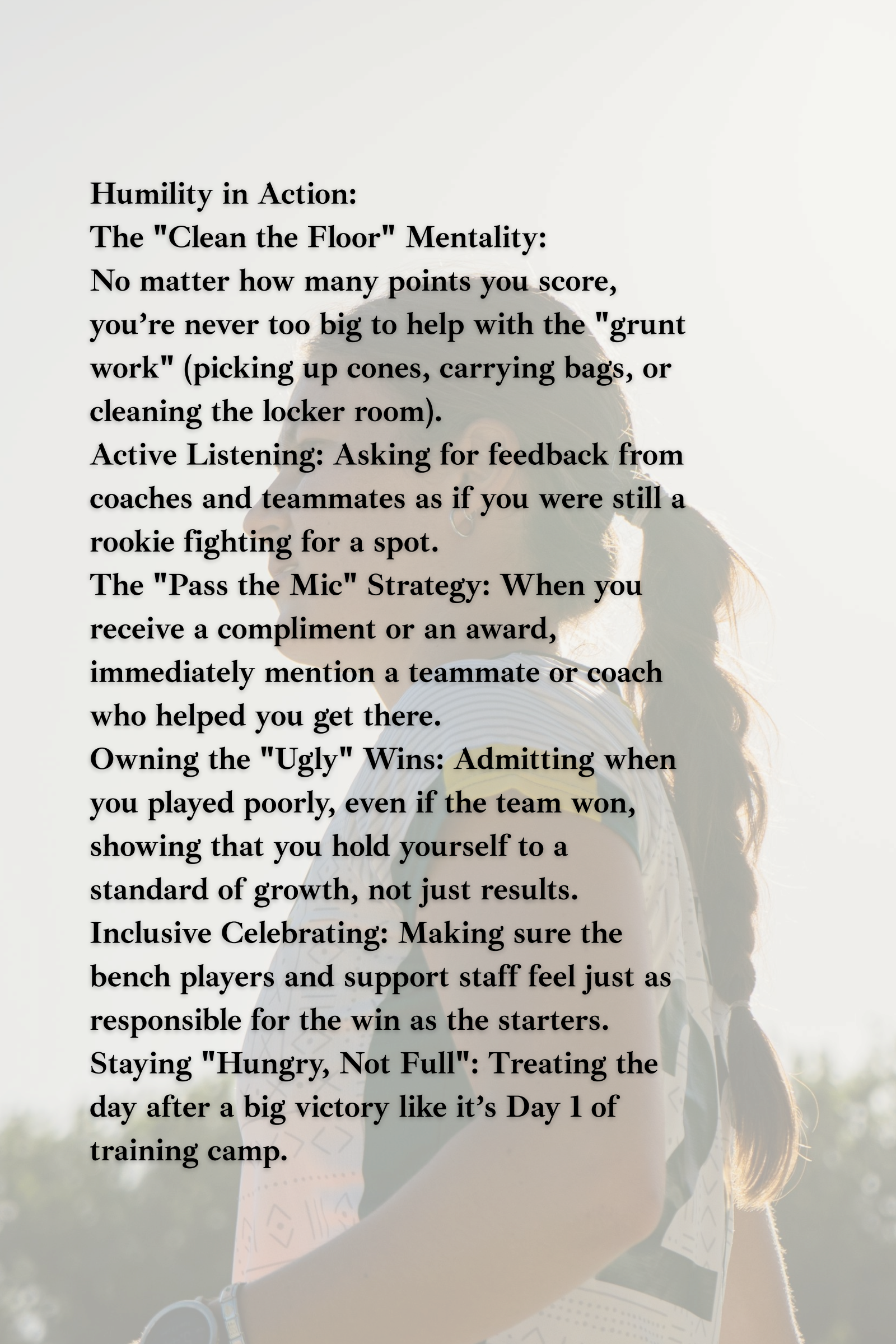
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Humility in Action:

The "Clean the Floor" Mentality:

No matter how many points you score, you're never too big to help with the "grunt work" (picking up cones, carrying bags, or cleaning the locker room).

Active Listening: Asking for feedback from coaches and teammates as if you were still a rookie fighting for a spot.

The "Pass the Mic" Strategy: When you receive a compliment or an award, immediately mention a teammate or coach who helped you get there.

Owning the "Ugly" Wins: Admitting when you played poorly, even if the team won, showing that you hold yourself to a standard of growth, not just results.

Inclusive Celebrating: Making sure the bench players and support staff feel just as responsible for the win as the starters.

Staying "Hungry, Not Full": Treating the day after a big victory like it's Day 1 of training camp.

Be
Strong
in the
Lord
- Ephesians 6:10

CHAMPION MINDSET
WITH
CAILIE DEN BAKKER