



WEEK 12

# WORKBOOK

BUILDING YOUR  
CHAMPION LEGACY

"Legacy is not what you leave behind. It's  
what you build in others."

# Hey Champion

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This is it. The final week of Month 3.

And honestly? I'm a little emotional writing this.

You started this journey asking, "Who am I beyond my performance?" Now you're closing Month 3, asking, "What legacy am I building?" That shift is everything.

For a long time, I thought my legacy was my accolades and my success. I thought people would remember me for the goals I scored or the trophies I won. But a few years ago, I realized I had it all wrong. I came across a young girl I had been coaching, and she looked up at me and said, "I want to be just like you one day."

I smiled and told her, "You can be, if you work really hard and never give up." But she shook her head and said, "No—I want to be like you because of your kind heart."

In that moment, the world stopped for a second. I realized I didn't just want to impact people with my talent; I wanted to truly touch their lives. Those "little-big" hugs from the kids who look up to us? That means more than any medal ever could.

Legacy isn't built in highlight reels. It's built in the small moments when you choose to lift someone else. It's about being the person teammates carry in their hearts long after the game ends. It's about having the courage to be real, to be vulnerable, and to show others that it's okay to not be okay. This week isn't just about your legacy in sport. It's about the kind of human you are becoming. Because your athletic career will eventually end, but the person you become through the process? That is forever.

Let's finish strong.

*Cailie*

**BUILDING YOUR CHAMPION LEGACY**



# Michael Phelps

## The Power of Vulnerability

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Michael Phelps spent most of his career being seen as a "swimming machine"—a silent, hooded figure with headphones on, focused only on the wall. For years, he thought leadership meant being the fastest in the pool and never showing a single crack in his armor. But after winning a record-breaking 28 medals, Phelps realized his greatest leadership moment wouldn't happen on a podium. It happened when he finally admitted he wasn't okay.

The Testimony: After hitting a "dark spot" in 2014, Phelps realized that by hiding his struggles with depression and ADHD, he was unintentionally telling his teammates that they had to be perfect to be successful. He decided to break the silence. He checked into treatment and began speaking openly about his mental health. He shifted his message from "be the best" to "it's okay to not be okay."

"I am the same person. I just have a couple more medals and a lot more life experiences."

# The Results

The impact was immediate. By being honest about his "weakness," he created a culture of trust. Younger swimmers on the Olympic team stopped being intimidated by him and started coming to him for advice - not just about strokes, but about life. He became a mentor who led through authenticity rather than just through gold medals.

Teammate Allison Schmitt: "Michael showed me that being a champion doesn't mean you're invincible. It means you're brave enough to ask for help and lead others through their own dark days."



## The Phelps Principle:

A true champion's legacy isn't built on being perfect; it's built on being real. Real leadership is using your platform to show others that their value as a human being is far greater than any trophy they will ever win.

"I was a swimmer in the pool, but I was a human being out of it."

# Athlete Spotlight

## Michael Phelps : The Legacy of the Human Being

Michael Phelps is the most decorated Olympian of all time, but his true legacy was built when he chose to be vulnerable. For years, he thought leadership meant being an invincible "swimming machine."

- **The Struggle:** Behind the 28 medals, Michael was fighting a silent battle with depression. He reached a point where he didn't want to be alive because his identity was only "Phelps the Swimmer," not "Michael the Human."
- **The Testimony:** In 2014, he finally chose to be real. He checked into treatment and shared the truth that changed the sports world: "It's okay - not to be okay."
- **The Result:** By being honest about his "weakness," he created a culture where it was safe for other athletes to struggle. He became a mentor who led through authenticity rather than just gold medals.

He proved that a champion's greatest strength is the courage to ask for help.

# Core lesson: The 3 Pillars of Legacy

1. **Character:** Who you are when no one is watching.  
Your integrity in the dark.
2. **Impact:** How you make those around you better  
(Mentorship).
3. **Consistency:** Showing up for your mental health and  
your team every single day.



## LEADERSHIP IN ACTION

Vulnerability is Strength: Modeling that "it's okay to not be okay" so others feel safe to speak their truth.

**Character Over Cups:** Prioritizing how you treat the "little ones" and the bench players over your personal stats.

**The Bridge Builder:** Using your success as a platform to reach those who are currently struggling in the dark.

**Authentic Mentorship:** Investing in the hearts of the next generation, not just their skills.

**The Human Connection:** Being the teammate who checks in when the cameras are off and the crowd is gone.

**"For a long time, I thought of myself as a swimmer, not a person.  
When I finally realized I was a person, everything changed."**

# PRACTICAL TOOLS

## **The Legacy Self-Assessment (Rate 1-10):**

- I am honest with my teammates when I am struggling: \_\_\_\_/10
- I take time to encourage younger athletes (the "little ones"): \_\_\_\_/10
- My teammates trust me more for my character than my stats: \_\_\_\_/10

## **The "It's Okay" Scripts:**

- When a teammate is down: "Hey, I've been there too. It's okay to not be okay today. How can I support you?"
- When you make a mistake: "I messed up there. I'm learning how to handle this pressure better. Let's keep going together."

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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

- **Prevalence** – the proportion of people in a population who have a disease at a particular point in time
- **Incidence** – the number of new cases of a disease in a population over a period of time
- **Prevalence** = **Incidence** x **Duration**
- **Prevalence** is a **snapshot** of the disease at a particular point in time
- **Incidence** is a **measure** of the **rate** at which new cases of a disease occur
- **Prevalence** is a **measure** of the **total** number of cases of a disease in a population

Who did I lift up today? How did I show my true character?

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Who did I lift up today? How did I show my true character?

Be  
Strong  
in the  
Lord  
- Ephesians 6:10

CHAMPION MINDSET  
WITH  
CAILIE DEN BAKKER