

MONTH 3

INFO BOOK

LEADERSHIP & LEGACY





Month 3 of our journey together. Can you believe how far you've come?

Month 1: You discovered who you are beyond performance

Month 2: You built mental toughness and resilience

Month 3: You're going to learn how to lead and leave a legacy

This month isn't just about becoming a better athlete. It's about becoming the person others look up to. The teammate everyone wants. The leader who lifts others.

Because here's the truth: the greatest athletes aren't just individually talented. They make everyone around them better.

This month, we're focusing on:

Excellence over perfection

Leadership that serves

Handling success with humility

Building a legacy that lasts

You're ready for this. Let's finish strong.

xo, Cailie.



Contents

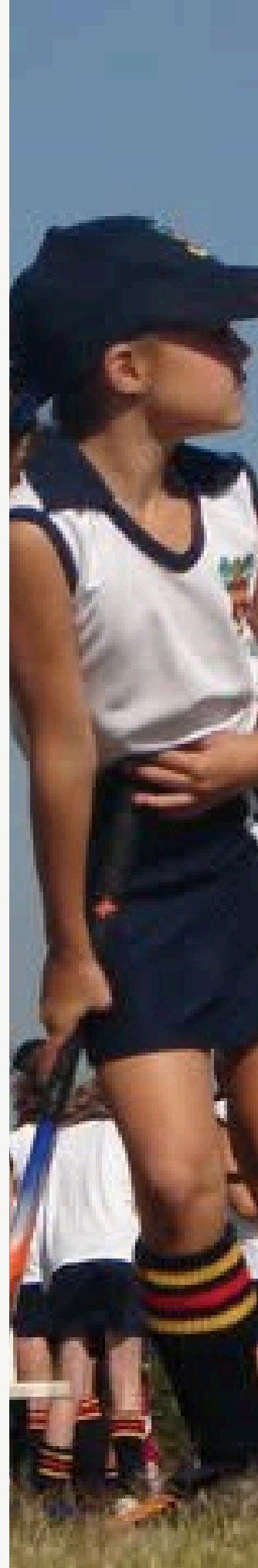
Excellence Over Perfection 09

Leadership That Lifts Others 10

Handling Success With
Humility 11

Building Your Champion
Legacy 12

“play for the little girl who fell in love with the game..”



Every champion has a story — from setbacks to triumphs, from doubt to belief. As you read these four athlete journeys, don't just see their victories; notice the lessons that shaped their inner selves, and let them inspire the legacy you're building too.



09

Diana Taurasi story, complete worksheet, assignment

10

Tim Duncan story, complete worksheet, assignment

11

Giannis Antetokounmpo The Rookie Mindset

12

Michael Phelps The Power of Vulnerability

HOW TO USE THIS MONTH

Month 3 emphasizes IMPACT, building on the foundation from Month 1 and on the Mental Strength from Month 2. The focus is on influencing others and leaving a lasting legacy.

YOUR MONTH 3 TOOLKIT

- Excellence Standards (not perfection)
- Personal Leadership Philosophy
- Success Response Plan
- Legacy Blueprint

MONTH 3 WEEKLY BREAKDOWN

- Week 9: Pursuing Excellence Over Perfection
- Week 10: Leadership That Lifts Others
- Week 11: Handling Success With Humility
Week
- 12: Building Your Champion Legacy



Thank you!

Last-Minute Takeaways for Your Journey

- Excellence over perfection: Mistakes are proof you're growing. Keep striving, not stressing.
- Leadership that serves: The greatest leaders make others better, not just themselves.
- Humility in success: Stay grateful, stay grounded, and remember success is a responsibility.
- Legacy every day: Your impact is built in small, consistent choices - how you show up, how you treat people, how you carry yourself.
- Self-belief: The strongest foundation you'll ever build is the belief that you are capable, worthy, and resilient.

"A true champion's legacy isn't written in trophies, but in the lives they lift, the courage they show, and the belief they carry in themselves every single day."