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| Commonality/Theme | Examples Given | My Interpretation |
| Reliability | * Being where I'm supposed to be and being ready to do what’s needed
* Being a good classmate and getting my work done in my group
* Always work on the most important task first then work on everything else
 | * Playing football my whole life they have engraved in me on why being early is important, so I've carried that same mindset throughout my life. I would rather wait on someone than have them wait for me.
* Group projects are not easy because you are working with people you just met in class and we always worry that someone wont work or do their part of the work so I emphasize on getting my work done
* I have a whiteboard and I like to get things done before due dates so I’m not rushing or have to worry about doing things last minute
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| Determination | * A full-time student and a full time athlete
* Not giving up when a play doesn’t go my way
* When a referee throws a flag I don’t let it affect the next play
 | * Being a student athlete is not easy, and you are always busy so time management Is very important
* In the game of football there are a lot of unpredictable, so it is very easy for things not to go your way. It is important to keep a level headed and after making a play move on to the next.
* A call might not go your way and you can’t let that affect the next play especially at my position because you can end up giving 6 points when you’re in your head.
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| Empathy | * I'm cheering for my teammates and get excited as if I made a good play
* I know if I do something wrong I'm going to have to redo it so I give my best effort and make sure things are done right
* When I am working in a group project I try to be understanding and hearing out everyone to find the best solutions
 | * When your around your teammates everyday they become more than just friends and become your brothers, so when they make a play you I feel like I made it and it makes me happy
* This mindset was instilled through football and that is why I try to give my best and do things right or I'm going to spend more time working on it than I anticipated
* When you are in class and the teacher selects the groups for your projects everyone is a little unsure what to do because they have their own opinions/ perspective on how to do things so I try to have everyone speak and then try to decide what is the most efficient way to get the project done.
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| Purposeful | * Being an older guy in my position group I try to help out the younger guys understand where coach is coming from.
* I play football with one goal in mind to help take care of my family
* I am trustworthy and reliable and have grown up with that mindset
 | * Younger guys coming out of high school or guys that have not played a lot of college don’t understand why coach might always be rushing, but it’s because we don’t got a lot of time and got to do everything efficiently and fast because we don’t have time for do overs. I've had coaches who don’t sugar coat things and try to tell the younger guys in the room the truth but they always have their own opinion but I pull them to the side and explain he telling the truth
* I've been playing football my whole life and my goal was always to make it to the NFL but as I got older I learned how much playing in the NFL can not only help me but others around so that’s my focus
* I've learned a lot about my older brother and seen how he carries himself so I've taken that same approach in my life and have become trustworthy to others.
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**My Reflected Best Self Portrait:**

* I am reliable and supportive:

My family and friends know they can call or text me about anything and I’m always trying to find out I can help them out the best. I like that people can rely one me it makes me feel good about myself and I know I've put myself in a position where I can help others

* I am headstrong.

I live by the quote you can do anything you put your mind too. This is true because your mind is powerful and if I care about something enough, I'm going to do it.

* I am empathetic.

I feel Like there are times when I've been too empathetic and learned to pull back, back I learned to understand others and not to be selfish.

* I am purposeful.

I have a goal in mind, and I am working towards it every day, it is bigger than me and there are times I forget but remind myself why I'm doing what I'm doing.

**As I look back on my feedback**

Everything I talked about in the previous boxes align with the person I want to be and that I'm becoming. Life is not easy and if I can help someone else in life and make theirs a little easier, I'm willing to do it, and as the younger generation is going through life, I would like to teach them things many people don’t learn when their much older in both sports and life.

 **Mission statement:**

Stay focus and wait your turn, never hate on the next man because they are shining before you everyone gets their turn. I am committed to pushing myself and becoming the best version of myself on and off the field. Life goes on, so never get stuck in a roadblock it will get greater later. I am going to play in the NFL and when I do that, I will take care of my family and give back to my community.

**I aim to live my life by:**

“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice, and most of all, love of what you are doing or learning to do.”

“You have to fight through some bad days to earn the best days of your life.”

“The best way to predict the future is to create it.”

“Don’t compare your beginning to someone else’s middle.”

“Don’t let someone else’s opinion of you become your reality.”

“The moment you start thinking you can’t achieve something is the moment you’re tricking yourself out of your spot.”

“You have to stay down to come up.”