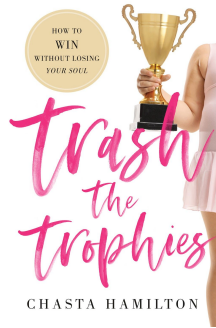


# TRASH THE TROPHIES



## A Discussion Guide for Teens

### Chapter 1

When embarking on your journey to your life goals, you face many challenges. Accomplishments require time and hard work. Have you ever been in a situation where you felt burned out and/or mentally/physically exhausted?

The beginning of Chapter 1 recognizes that perspectives can greatly vary depending on individual beliefs and values. How have your past experiences influenced your values and beliefs system?

In life, there will be opinions and judgement from others that you cannot control; yet, these opinions may influence or challenge your choices. Is there a big decision you regret making or not making as an immediate reaction to the influence of others?

### Chapter 2

To maximize the value of this book, take what the author shares and consider how it can be applied to your life? Have you ever had a love/hate relationship with something like the author describes in relation to her experience with dance competitions?

It is helpful to recognize when you are prioritizing the destination over the journey. Recognizing this behavior pattern is the first step in adjusting your intrinsic motivation. The educational process of the experience is more important than the "trophy" or end result. Have you ever been "trophy hungry" and in it to win instead of valuing the process or the experience?

### Chapter 3

"Growing up, every time a big change or opportunity was in front of me, I created a list of 'pros and cons'."

What method do you use to navigate big decisions?

"In my experience, if a student won, they were too good for our program. If a student lost, we were not providing adequate training." Have you ever had an experience where you felt that you are too good or

not good enough for something? How did you deal with that? What methods helped you work through it? Did you give up or persevere?

"Knowledge is power when we use it, activation is key." What does this mean to you and how can you apply it to your life?

## Chapter 4

"When change, conflict, or transition is in front of us, we become paralyzed to facing reality because we are so fearful of response, reputation, or perception." Have you felt afraid of a change, conflict, or transition? Tell us about it and how you handled it.

In this chapter, this positive synergy between dance and theatre is discussed as a source for inspiration. Where do you find your sources of inspiration?

## Chapter 5

The book discusses other people's opinions impacting the author's decision to leave the competitive dance industry. Has there ever been a time in your life when others' opinions have held you back? If so, what was the impact? Do you wish you had acted differently?

The author suggests that to walk away from something, you should 1) strategically prepare, 2) confidently communicate, 3) passionately believe in the outcome. In your life, what is something to which you could apply these three steps? Which one of these steps do you think she used the most?

The author discusses the mental preparation she went through to guard herself from the negative assumptions and feedback she knew she would receive. When navigating change, it is important to recognize that change may have some negative aspects, outcomes may be out of our control, and that optimism is critical. What are some ways you can implement optimism into your life? What are some ways you can let go of negativity in your life?

Goal setting is critical to long-term and short-term success. Think about something in your life that you would like to change or achieve. Create a list of goals or a plan of action that will allow you to accomplish your dream.

## Chapter 6

In the book, the author expresses her frustration with the initial resistance to the buy-in of the new program. Have you ever experienced disappointment or frustration when something you initiated didn't go as planned?

What keeps you going when things are hard?

"Move the Needle. Ignite the change. Make it better." How can you apply that to your life?

## Chapter 7

This chapter delves into the components of technique, performance, community, and character.

1. If you could set pillars for your personal brand, what would they be?
2. Which of these pillars speaks the most to you. Can you share an experience involving the combination of technique, performance, community, and character? What made it memorable?

What types of award(s) or recognition(s) do you value? Do you feel like your thought process has shifted over time?

Has there ever been a myth or falsity in your life that you felt wasn't true? How did you combat the misinformation?

## Chapter 8

“When something could be better, ask: ‘What are you doing to fix it?’” What does this sentence mean to you? How can you apply it to your life?

“Confidence is quiet and insecurity is loud.” Does this statement speak to you? With more platforms to “use our voice” than ever before, how do you balance confidence, insecurity, and staying true to yourself when the influence of others is always present?

“You cannot stand for one thing and enable another.” Have you ever had to redirect your participation or involvement in something because it challenged or tested your core beliefs? If you haven't experienced that yet, how do you think you will handle it when it arises in your future?

## Chapter 9

Of the traits listed for “being bold”, which ones do you feel are personal strengths? Do you consider any of them to be personal weaknesses?

“You can stay competitive in your training and purposeful pursuits while excluding the competitive spirit.” What does that mean to you?

“Excuse traps” - have you ever fallen victim to one?

## Chapter 10

Making changes doesn't mean things will always be easy or perfect. Which of the following speaks the most to you?

- Be proactive versus reactive
- Respond versus react
- Focus forward

Can you share a “failure” you’ve recently experienced? How did you recover from it?

## Chapter 11

“Judge now, ask questions later societal state” is a phrase referenced in this chapter. What are your thoughts on “cancel culture” and how can we rise above it?

How have you used/ will you use the following phrases in your life?

- Level Up
- Scale
- Pivot
- Strategic Vision

How do you envision your impact making the world a better place?

## Chapter 12

What is your biggest complaint in your life right now?

How do you envision using the following steps to make it better?

- (1) Definite Your Priorities
- (2) List the Ways to Achieve Those Priorities
- (3) Consider Alternative Options

What is your #1 takeaway from the book?

## Epilogue

Since March 2020, all of our worlds, lives, and routines have changed significantly due to Covid-19. How have you handled that experience?

In revisiting the book, do you feel like the concepts and takeaways are applicable to a variety of settings? What piece of advice or anecdote do you think you’ll use the most in your leadership and life?

If you could ask the author one question about her story, what would it be?