



Transform Your Team – 12th June 2017 “Be True to who you are”

#Jessie J Lyrics “Who You Are

*I stare at my reflection in the mirror
Why am I doing this to myself?
Losing my mind on a tiny error,
I nearly left the real me on the shelf.
No, no, no, no, no...
Don't lose who you are in the blur of the stars!
Seeing is deceiving, dreaming is believing,
It's okay not to be okay.
Sometimes it's hard to follow your heart.
Tears don't mean you're losing, everybody's bruising,
Just be true to who you are!*

*Don't lose who you are in the blur of the stars!
Seeing is deceiving, dreaming is believing,
It's okay not to be okay.
Sometimes it's hard to follow your heart.
But tears don't mean you're losing, everybody's bruising,
There's nothing wrong with who you are!*

*Yes, no, egos, fake shows, like whoa!
Just go and leave me alone!
Real talk, real life, good love, goodnight,
With a smile that's my home!
That's my home, no... No, no, no, no, no, no...*

#SportFact

In 1994 golfer Davis Love called a one-stroke penalty on himself during the second round of the Western Open. He moved his marker out of the path of another player's putting line; then later he couldn't remember if he'd moved his ball back to its original spot. Since he wasn't certain, he gave himself an extra stroke. And that one stroke caused him to be eliminated from the tournament. At year's end Love was \$590 short in winnings to automatically qualify for the Masters, and needed to win a tournament to get into one of golf's most coveted events.

The week before the big event he qualified by winning a tournament in New Orleans, and went on to finish second in the 1995 Masters. Later, when asked how he'd have felt if he'd missed the Masters because of calling a penalty on himself, Love replied, 'The question is how I'd have felt if I'd won and spent the rest of my life wondering if I'd cheated.'

View from @PhilJBish

You cannot be true to anyone else until you are true to yourself. Begin by not being afraid to be who you are! It's easier to maintain your integrity than to regain it. It may cost you to do the right thing, but it will cost you more to abandon your principles and not demonstrate and display good behaviors. Be true to the very best that is in you and live your life consistent with the highest values and aspirations. What do your values look like? not sure, well maybe you want to start with considering some these listed below?

1. Keeping your word
2. Making fair decisions
3. Practicing non-judgment
4. Giving credit where it's due
5. Communicating honestly

“I am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live by the light that I have. I must stand with anybody that stands right, and stand with him while he is right, and part with him when he goes wrong.”
Abraham Lincoln



Contact As your Sports Chaplain @ Glamorgan CC my role is to provide an impartial and confidential point of contact to talk about any matters you may be worried about on or off the field, offering pastoral and spiritual support. This support is offered to all connected with Glamorgan CC. including players, coaches, staff, volunteers and families. Please feel free to contact me whenever you need any support.

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