

Subject line: The advantages of being the underdog

Advantage #1: There is nowhere to go but up.

When you are not expected to win you have freedom in how you go about things. You have the luxury of flying under the radar while you try new things, make mistakes, and fine tune your craft. As opposed to when people expect things from you. When people reach a certain level of success there are more eyes on them and more scrutiny over how they do every little thing. Relish your time as the underdog, because once you reach a certain level of success you may miss the lack of pressure that comes with flying below the radar.

Advantage #2: Proving people wrong never gets old.

Who likes watching people eat their words? I sure do! There is so much satisfaction that comes with doing what others say you can't do. When people doubt me it makes me want it more. I work smarter and train even harder. From time to time everyone has doubters - haters if you will - that's part of the game. The best advice I was given was to use it as fuel. Instead of being crippled by it, allow it to propel you towards a different level in your game.

Advantage #3: It's you against you.

When you are the underdog you are your only competition. Sure you may be playing against another team, but the competition that matters is the game you play with yourself. Are you improving? Are you getting bolder and more confident? Are you becoming a better teammate and a more coachable athlete? There are many more elements that go into winning games than just the final score. As you improve in those areas it's only a matter of time before that self improvement is reflected on the scoreboard.

If you are an underdog I encourage you to use this season to develop your skills. If you're past your underdog season I encourage you to find an underdog and nurture them. No matter where we are in our lives we need other people. Developing ourselves and nurturing others it's a cycle that should never end.

Play With H.E.A.R.T.

Debbie