

# IDENTITY

VERSUS

# VALUES

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"WHAT YOU DO" VERSUS "WHO YOU ARE"

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Athlete identity is what sport we play and what we do as athletes.

Your athlete identity is defined by how you perceive yourself and how others perceive you as an athlete.  
**Identity is external.**

We identify as part of an athletic community, sports program or particular team.

Your athlete identity is what you do.

"I am an athlete."

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Values are the internal operating system by which we live our lives.

Your values are defined by (but not limited to) culture, religion, ethnicity, community, sport played, family, etc.  
**Values are internal**

You make decisions based on your values every single day. To make better decisions, know your values.

Your values as an athlete are who you are.

"I am driven, determined and hard-working."

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