

K E V I N
LOVE FUND

Everyone is Going Through Something

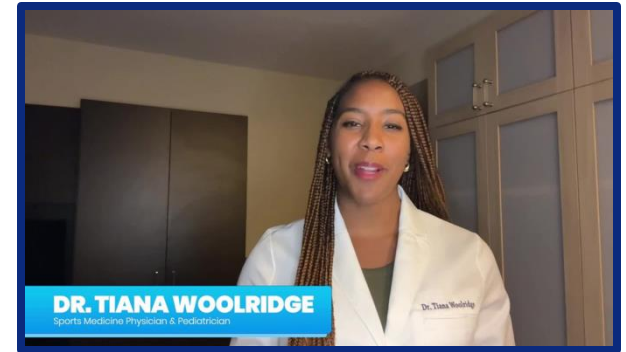
More Than My Sport

"I thought the only value that I brought to the world and to my life was to have success in basketball. I was haunted by so many things I didn't say or let out. I didn't have the presence of mind or language to speak. I didn't have an emotional outlet outside of basketball. That's why I was all tied up."

– Kevin Love



Let's hear from the experts...





How would you describe yourself outside of your sport?

Begin your freewrite with the sentence:

“I am more than my sport. I am....”

Then, when you get stuck, you will return to the phrase: “I am...” and continue writing.

You might write about your personal values, hobbies, passions, cultural background, friendships, role in your family, etc.

Resources

- **Kevin Love Fund Resources Page**
<https://kevinlovetfund.org/resources-for-students/>
- **Campus/Local Resources**
- **Remember that it is okay to ask for help** if you need it. If you or someone you know is in crisis or in need of immediate support, you can call 988 or text HOME to 741741.

988 | SUICIDE & CRISIS
LIFELINE

