

# GOAT: BEYOND THE GAME

## Lesson One – Finding Your Roar



### WALKOUT INTRO

Just like the characters Will and Jett in the movie GOAT, we are going to learn how to recognize and value our strengths. Write a short introduction sharing some of the things you like about yourself- are you kind, friendly, loyal, funny, athletic? What are your favorite things to do in your free time? What do you want people to know about you? Next, choose an upbeat or powerful song that you want to accompany the description of yourself.

**Example of an Introduction: “Now entering the court/field... standing at 4 feet 11 inches tall, straight from Chicago, Illinois... she loves books almost as much as she loves basketball – a true team player, a loyal friend, a hard worker and always ready to pass the ball and the good vibes... give it up for... [Player’s Name]!”**

**Write 3–5 sentences that can be read as your introduction.**

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**Your Theme Song:** \_\_\_\_\_