



your environment is not neutral

The Student-Athlete Discernment Checklist

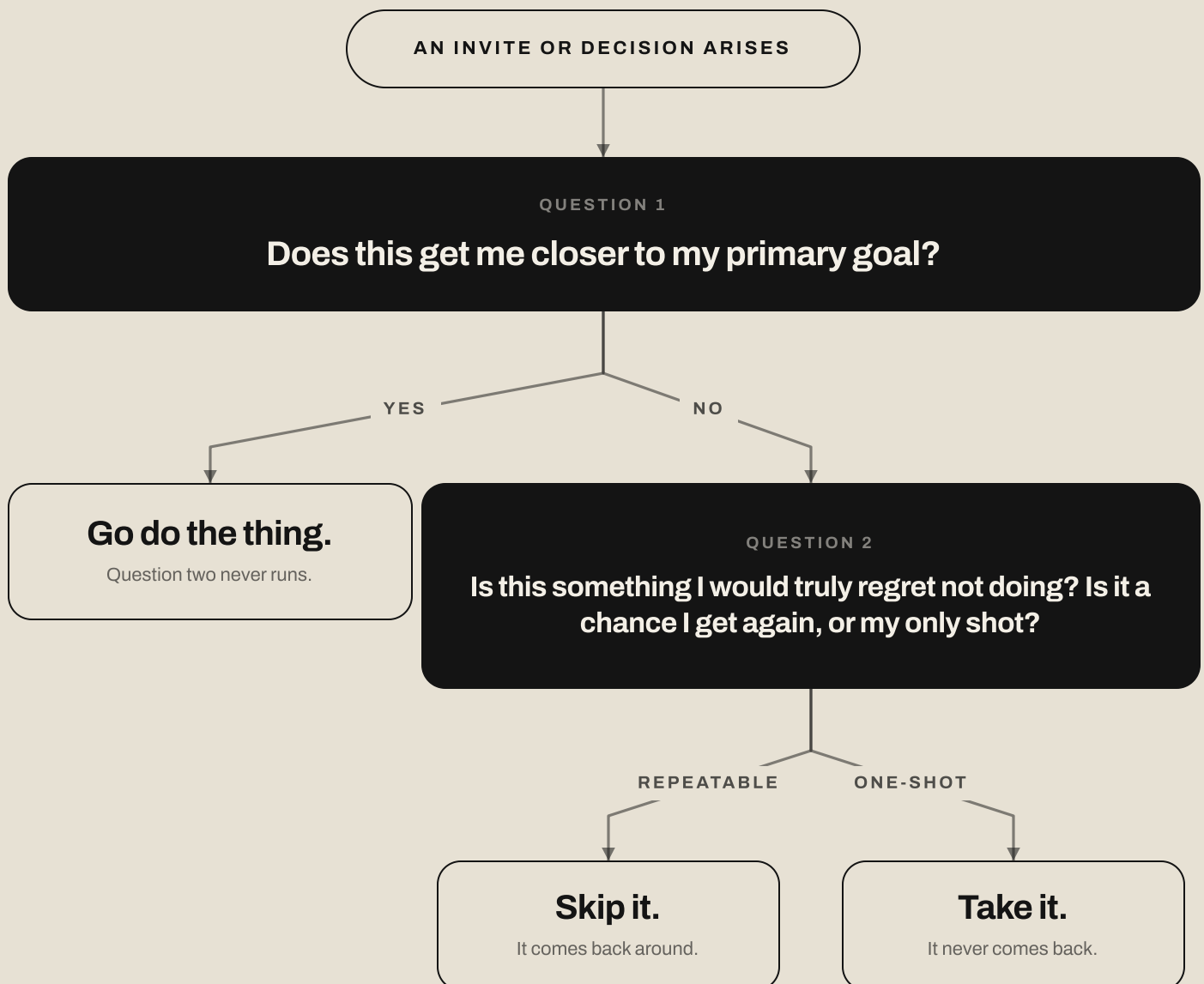
Two questions, asked in order, before you answer anybody.
It is the difference between the athlete you said you were going to be and the one your dorm turns you into.

THE 2-QUESTION FILTER · REPEATABLE VS. ONE-SHOT · THE YES-LIST

the filter

Nobody Is Waking You Up Anymore.

College is the first time in your life that you are completely on your own. Nobody is checking your homework and nobody is enforcing a bedtime, and your environment will pull you toward average unless you choose otherwise. Your success comes down less to the things you decide to do and more to the things you decide to say no to. So give yourself two seconds before you answer anybody, and run it through this.



the call

Repeatable or One-Shot.

Almost everything that reaches you fails question one, and that does not make it a no. Question two is the only thing that can overrule your goal, and it comes down to one honest answer: does this come back around, or is it my only shot?

Repeatable. Skip it.

- Going out on a Thursday or Friday night.
- Drinking.
- Staying up late playing video games.
- Randomly hanging out when you should be sleeping or studying.

These are waiting for you every weekend for the rest of your life. Skipping them today costs you nothing.

One-shot. Take it.

- Annual traditions, like Slope Day.
- Rare family visits.
- Once-in-a-lifetime milestone events.

When something never comes back around, question two overrides question one. Take the shot and enjoy it with zero guilt.

THE DAILY NON-NEGOTIABLE YES-LIST

These six never go through the filter. They are not invitations, so they do not get a vote. You say yes to all six every day, including the days you do not feel like it.

Study Execute your daily study block or your active recall touchpoints.

Work Put in the required work for your education and your long-term goals.

Train Execute your daily physical training rep. Lift, speed work, or mobility.

Practice Show up locked in for team practices and skill reps.

Class Sit in the front row and engage in every single lecture.

Sleep Protect 8.5 hours of sleep at the exact same time every night.

REAL TALK

Saying no while everyone around you is saying yes gets lonely, and there will be stretches where you feel like the only person missing from the photos. When that weight gets heavy, write it down. Keep a journal and get the thoughts out of your head and onto paper in real time.

You are not missing out. You are paying up front.

Nobody out-disciplines anybody on the day of the invite. You win this in daylight, then you go be all the way present in whichever one you chose.

If that weight ever becomes overwhelming, talk to a trusted adult, a coach, or a professional. In the US, you can reach the 988 Suicide & Crisis Lifeline by calling or texting 988. This checklist is a decision-making tool, not medical, mental health, or academic advice, and it does not replace the support available through your school's athletic department, counseling services, or academic advisors.