

WINNING THE GAME



10 Game-Winning Principles
for Creating **CHAMPIONS** On and Off the Court

By Rosetta Daniels

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Dedication

To my Lord and Savior Jesus Christ, my First Love, my Everything, and my Strength...Thank You for Your grace in my life. Keep using me. I'm Yours God! Thank you for blessing me with a mother, father, and village who showed me how to win!

To my first born son Elijah, you are the reason God gave me permission to write this book. Thank you for the blessing of being your mother. Your journey in diligently seeking God is a gift to my heart. I love you.

To my miracle son Rhema, I am grateful to have been chosen by God to birth you into this world and watch you grow. You inspire me to become greater as I continue to learn how to love deeper and stronger because of you. Let's continue to win together. I love you.

To my princesses Nai Nai and Lei Lei: Thank you for allowing me to provide nurturing as part of your village on the wonderful journey of your lives in The Lord. You are God-ordained superstars and are an indescribable blessing to my life! I love you.

To my sister, my first Nephew Adam, all of my nephews and nieces, godkids, students, and my babies I've adopted along the way, know that I love you and pray for your victory in Christ!

To my family, all the readers of this book, to the children of God, and child advocates everywhere:

Let's keep Winning The Game together!!!

“Greatness is not the absence of failure, but the presence of God within the process of recovery.”

About David: The Hero Who Messed Up (Just Like Us)

If you’ve ever felt like you weren’t good enough, or that your mistakes were too big, you’re going to love King David. He was a great King and God’s chosen one, but he was far from perfect.

David went through a lot. He was bullied by giants, overlooked by his own dad, and even dealt with deep sadness and anger. He made some massive mistakes—like really bad ones—but God still called him a “man after God’s own heart.” Why? Because David always came back to God and kept a humble heart. Greatness is not the absence of failure, but the presence of God within the process of recovery.”

David's Struggle	Biblical Context/Source	Why it Matters to You
Overlooked	1 Samuel 16:11-12	Managing feelings of being invisible and needing to feel seen and validated.
Depressed	Psalms 13, 27, 40, 69	Knowing how to find God's light, like David found a “new song” when things feel dark, navigating the “hardships in life.”
Bullied	1 Samuel 17, 1 Samuel 19	Learning how to stand up to "giants" - jealous, and mean people.
Anointed/Chosen	1 Samuel 16:13	Realizing God gave you a big purpose with great potential, no matter how old you are.
Accountability	2 Samuel 12:1-13	The role of intervention (Nathan), and the power of learning how to say "I'm sorry" and fixing your mistakes.

Introduction

Everybody wants to win, but not everybody knows *how* to win. The purpose of this book, *Winning the Game*, is to provide a proven principle strategy that, when practiced, will produce the stuff that champions are made of.

Winning is great, but being a Champion is even better. This workbook is your playbook to help you build the heart of a winner. How do you get the heart of a champion, you ask? Keep reading and you will find out. Whether you're in the living room, the locker room, or right in the middle of a big game, these 10 strategies are going to help you level up your life and your game as you practice them everyday.

Champions win games...like a lot of games. Champions know how to show up consistently for winning the game! There are ingredients inside of you that when you start cooking, you will have a recipe that will not only win the game, but change the game. You are a game-changer!

We will explore examples from the life of one of the world's greatest champions: King David. You may have heard about the little ruddy sheep herder who killed a monstrous giant with one sling of a stone right smack between the eyes. What gave him the courage to contend with such an intimidating opponent?

The reputation of the infamous Goliath was spread all across the land. But that didn't discourage David, because David had heart. David's confidence began with his faith in God's ability to back up His word, on the field, of what He said time and time again, from generation to generation. You could say David tagged teamed with God to take out a giant causing problems among God's people, so the people would know they could trust God, and have the courage to overcome challenges for the win!

Make it up in your mind that you are already a champion, and commit to the steps in the process it takes to become a champion who is winning the game! Practice these principles everyday, and let your game speak for you. You win. Are you ready? Let's go!

10

COMMUNICATION

#10. **PRESS PLAY** WITH GAME-WINNING COMMUNICATION:

Talk Like a Winner

This kind of communication offers solutions with a delivery that is timely for immediate application, beneficial to your time clock, while providing information that is clear, consistent with previous teachings, and empowering the individual for the best interest of the team. Relationship building is key for understanding how and what to communicate for the most effective result.

There are different ways to communicate. When communicating, you want to practice owning a perspective that works towards your advantage for the benefit of the team. Use communication as fuel that you release at the right time when it's time to execute the instruction that was communicated.

Communication needs to be consistent and empowering. Sometimes it's fast and abrupt, and at other times communication can be through your body language, eye contact, movements, and trigger words or sounds. The more you practice communication, the more

effective your communication will be when it's showtime and the game clock has started. Giving and receiving communication at various paces and dynamics will not be foreign to you because it's something you practice everyday for hours with your team.

The type of communication you give and how you receive communication is important. If you give negative vibes or take jabs at your teammate for a mistake, you can guarantee that at some point, you're going to get that same energy back in return. Communication is a frequency, energy, and tool that influences your immediate world, your thought process, mindset, and behavior you may not even be aware of. If you give good vibes, you'll build the team. If you give bad vibes, you create a losing culture, which threatens the potential of your team wins. Be ready to win with game-winning communication.

Remember that communication is fast. So don't be shy when communicating often so communication stays tight. Find your rhythm and understand that listening is just as important, if not even more so in some cases, than speaking. Good communication is a reflection of good character (decisions on repeat), and is the building block of a strong relationship and culture. Good communication strengthens trust which decreases anxiety and levels up the dedication and fun factor.

Good communication is like verbal choreography, and the better it is, the more impressive the dance. You will be dancing circles around your opponents with good, effective, consistent, game-winning communication.

King David prayed to God 7 times a day. His consistent two-way communication with God brought him so close to God, that God

called King David a man after his own heart, meaning that David's communication was so effective, God favored King David to victory over his opponents who knew about this advantage, and retreated in some cases because of it.

On the other hand, communication breakdowns are the reason why your opponents won't be able to light a candle to your game-winning communication. Think about solutions for trouble spots instead of dwelling on mistakes. The faster you can recover, the more you gain advantage from team momentum and the time clock. Everyone experiences highs and lows, but it's important to remember that perfecting what you practice will perfect your performance.

As a team player, offer game-winning communication with your COACH and teammates that lets your coach and team know you are a leader who can be trusted to display championship qualities to produce game-winning moments, that produce game wins, that lead to winning championships! Listen. Throughout his life, from a teenage shepherd boy to a warrior who slew the giant Goliath with a stone and slingshot, to reigning as the king of Israel, King David was skillful and humble, which was key to being selected by God as Israel's next king. Let your game-winning communication be contagious among your teammates to tear down the game-losing communication that represents the Goliath of the game culture.

He was quick to get to the heart of a matter for turning towards the direction of the LORD (repentance) for assistance, which made for consistent, efficient, and effective game-winning communication. King David listened to God's instruction because of his trust in God, resulting from the consistent communication with the Lord in times of victory, and in times of trouble. He praised the Lord with his whole

heart which led him to make decisions that pleased the Lord, even after making mistakes. King David was loyal to God. God favored David because of David's effective communication, calling King David a man after God's own heart. Psalms 119:164-165

Let's do the work...

Talk Like a Winner

Winning talk isn't just about shouting on the court. It's about giving your teammates information they can actually use, right when they need it. If you're giving off bad vibes or making fun of a teammate when they miss a shot, you're building a losing culture.

King David's two-way communication with God through prayer seven times a day serves as the model for "verbal choreography," where trust is built and anxiety is decreased.

Leadership Level Up: Step-by-Step for Champions

- Step 1: Self-Awareness. Heart Check: Are you being hurtful or helpful? Does your intent in the moment serve love or hate? Will it build or will it break? Identify your "frequency." Will your heart position promote healing or sickness? Make the necessary adjustments through good decision making. David did this and so can we.
- Step 2: Active Listening. Practice making eye contact and focusing on your teammate's perspective before responding. Leaders are learners, and learners are listeners.
- Step 3: Intentional Delivery. Use "power words" that strengthen rather than discourage. Giving a power up in a critical moment is a game changer.
- Step 4: The Recovery Reset. Develop a team "cue" or "code" to recover quickly from communication breakdowns.

Think About It: Think of a time you were misunderstood. How did it affect the "game clock" of your situation?

The Drill: Get a partner. Try to build a tower out of cups (or building blocks). For the first minute, only one of you can speak. For the next minute, you both have to be totally silent. How did you communicate?

Alternative Exercise: Participants work in pairs to build a simple structure (or make a snack) where only one person can speak for 30 seconds, and then both must remain silent for the next minute.

Love Yourself: What is one thing you love about your voice or the way you talk? How can God use that voice to help someone today?

9

PRODUCTIVITY

#9. **PRESS PLAY** WITH GAME-WINNING ACTION:

Get It Done

On the production line, every step in the process is unique to creating a finished product that is a successful duplicate of the product before and after it. It is important to repeat what is actually working to get you to the win! If there is a disruption on the line, quickly and carefully resetting back to the position where production is at its finest, is the best solution. Within the process of resetting is troubleshooting the issue that caused the disruption, then getting back into production as quickly as possible for the sake of time, safety, and focus on reaching the goal.

King David was a man of repentance unto God. Repentance is turning from one direction to another, and more importantly from wrong to right. True repentance follows recognizing a mistake that has caused a disruption in the production line, owning it, correcting it, and moving past it as quickly as possible. Resetting is a natural part of the game and should be expected for growing in your ability to make game-winning decisions for a game-winning performance.

Focus your energy, time, and growing skillset on productivity, while abandoning the counter-productive thoughts, words, behavior, and decisions that are toxic to the culture of champions that wins games.

Resetting for the next play, the next assignment, or even the next game, tournament, or final is crucial for high, game-winning productivity.

It's important to remember that the best of champions must reset and bounce back from disruptions in the flow of production. When fumbling the play or botching the assignment, take accountability, apologize to your team and coach when an apology is needed, and immediately reset. You will at times need to come off of the floor and go to the bench, sidelines, or locker room, then rehydrate, stretch, and converse with the coach more in depth to execute instructions properly, to represent your Brand (Christ) well and contribute to the win. The faster you do this, the further you get on to the win! Psalm 51; Psalm 32

Let's do the work...

Get It Done

Think of your life like a factory. Every step needs to work so the final product is awesome. Disruptions (distractions) are treated as natural occurrences; however, the "championship" quality is determined by the speed of the reset. If something breaks, you don't quit—you reset and get back to work as fast as you can.

Repentance is just a fancy word for "turning around." If you're going the wrong way, stop, own it, and head the right way. This means abandoning counter-productive thoughts and toxic behaviors and replacing them with core strengthening character building activities with tools like this workbook, and being connected to a community that will nurture your growth.

Leadership Level Up: Championship Wellness includes taking care of yourself. Be kind to your body from head to toe. Getting it done comes with proper preparation.

Nutritive Component	Function in the "Production Line"	Recommended Action
Carbohydrates	Primary energy source for workouts.	Space out intake throughout the day for stable blood sugar.
Proteins	Muscle repair and recovery after breakdown.	Consume within 30-60 minutes post-activity.
Hydration	Fluid balance and muscle function.	8-16 ounces every 15 minutes during intense play.

Think About It: When you fumble a play, what is the first thing you say to yourself? Does it help you reset forward, or set you back?

The Drill: List three "disruptions" you face during a typical school or game day and create a 3-step "Reset Play" for each that will help you get back in the game.

Love Yourself: What is one skill you've practiced over and over until you got it right?

8

CONFIDENCE

#8. **PRESS PLAY** WITH GAME-WINNING THOUGHTS:

Believe You Can

Confidence is rooted in identity and preparation rather than boasting or arrogance. Confidence isn't about bragging. It's knowing that you're prepared and that God is on your side. David wasn't scared of Goliath because he knew God had helped him defeat lions and bears before. He didn't focus on how big the giant was; he focused on how big God is.

Together, we will "slay the giant" of performance-based identity by rooting our confidence in the "Imago Dei" (Image of God). We build our confidence with "Positive Self-Talk," replacing lies with God's Word. Ephesians 2:10 teaches us that we are "God's workmanship," created us for good works. These good works are a reflection of God's grace operating through us as His goodness.

It is important to know that your self-worth is not tied to the scoreboard!

Become childlike in faith to win. You can believe you will, because God already did! The heart of a champion is driven by a supernatural confidence that reflects purpose (our why), experience (our journey), dedication (our commitment), and exceeds our circumstances. This force goes beyond our natural ability, but gives our talent a boost. It is a mindset that requires discipline, like hydrating before your body cramps to maintain tip top condition.

David's willingness to face Goliath with a slingshot, despite being covered by the army's "giant ordeal" perspective, was based on his history with God. David had a mindset that with God, he wins, and he slayed Goliath with one stone, although he prepared with 5 stones...just in case he had to slay the other 4 giant brothers of Goliath. Understand that every win strengthens our witness to unbelievers and edifies the Body of believers to fulfill their purpose to glorify God with their life's worship. Have a winning mindset for slaying the giant of fear, negativity, and intimidation before you even get on the court. Psalm 24; 1 Samuel 16:18

Let's do the work...

Believe You Can

Leadership Level Up: Champion, overcoming bullying and protecting your mental health starts with fortifying your identity in God's truth. Your core, your value, your purpose, and impact is powerful, one of a kind, and priceless!

Let's do a label swap. Exchange false labels that break (not smart, ugly, failure), with God's truth about you that builds: "Child of God," "More than a Conqueror," "Healed," "Masterpiece."

The Label Swap

Internalized Lie	Biblical Counter-Truth	Action Step
"I am a failure."	God's power is made perfect in weakness (2 Cor 12:9).	Confess the mistake, then reset the play.
"Nobody sees me."	The Lord looks on the heart (1 Sam 16:7).	Play for an "Audience of One."
"I'm not strong enough."	I can do all things through Christ (Phil 4:13).	Memorize "Power Words" for the clutch.

Think About It: If God was your coach, what would He say to you during a timeout? What would be His halftime talk with you?

The Drill: Write down a mean name someone has called you (or you called yourself) on a sticky note. Now, crumble it up! On a new note, write what God calls you: "Masterpiece" or "Champion." Keep that note on your mirror or phone this week.

Love Yourself: What is one unique thing about your personality that you wouldn't change for anything or anyone?

7

HONOR

#7. **PRESS PLAY** WITH GAME-WINNING KINDNESS:

Be Kind

Honor is defined as walking with integrity and treating others with goodness, especially when we don't feel like it. Honor means being a good person and treating others well, even if they haven't earned it. David showed honor to his friend Jonathan by taking care of Jonathan's family, even though their family had been mean to him in the past. David's decision to honor his friend Jonathan by providing for his son Mephibosheth—the lineage of David's former tormentor—demonstrates that a champion's reach extends beyond their own interests.

In the athletic arena, honor is demonstrated through sportsmanship: respecting referees, encouraging benched teammates, and showing humility in victory and grace in defeat. This principle specifically targets the prevention of bullying by fostering a "culture of respect and belonging."

David was humble and walked with integrity. He honored his best friend Jonathan by leaving an inheritance to his son, and lineage of Saul. Look to give hope to those who need it, especially when they feel they've had a rough game, season, or suffer loss. They need to see how a champion behaves for inspiration in playing another game day. 2 Samuel 9:6-11

Let's do the work...

Be Kind

Leadership Level Up: Champion, your disciplined stance is not only what good Coaches are looking for, but will skyrocket your success as a champion everywhere you go! Self-control over temperament wins every time. Honor yourself and honor God by being kind.

Championship Strategies: Standing on Business with Bullies

Building on Proverbs 25:21-22, teaches us to respond to verbal assaults or exclusion with "creative generosity." This "Turn the Other Cheek" approach is not passive; it is a display of power that refuses to allow an aggressor to dictate our emotional state.

- **How to Handle a Bully:** If someone hits or yells, walk away and tell a teacher or coach immediately. Don't trade "sass" for "sass".
- **The "Turn the Other Cheek" Move:** This doesn't mean being a wimp. It means you're so strong that a bully's mean words can't change your mood. Deflecting verbal jabs involves closing the mouth and refusing to trade "sass." NOTE: Trash talking is common and one of the oldest tricks in the book for your opponent to get in your head and distract you. It's difficult to focus while you are moving your mouth back. While we are talking nonsense, our listening ears take a break, and our eyes lose focus. This is a critical moment for boosting our insight, vision, and contribution. Think about when you

sneeze. Your body freezes briefly. It's like pausing the video and you can miss an important play or opportunity. Don't let verbal jabs drain your juice. Let your game talk for you. Walk the walk of a true Champion.

- **Keep Your Mind Grounded in Truth (Remember The Label Swap):** Remembering one's identity in Christ to prevent internalizing the bully's narrative. Put on The Whole Armor of God (Ephesians 6:10-20) and resist the temptation of the enemy. Here, we are addressing the spirit of impurity and the motives of an ill intended heart, not the person themselves. Champions seek to restore others, not break them down.

Think About It: Is there someone at school or on your team who is "hard to love"? How can you pray for them today?

The Drill: Find one person who had a bad day and give them a genuine compliment, write them a brief note, or a high-five. See how it changes their face!

Love Yourself: One thing I love about my ability to be a good friend is...

6

COMPOSURE

#6. **PRESS PLAY** WITH GAME-WINNING TIMING:

Wait For It

Composure means keeping your cool and waiting for the right moment. David was told he'd be King, but he had to wait 15 years for it to actually happen! Composure is the discipline of waiting for instructions from the "Coach" and allowing the "game to come to you." He refused to rush the process, even when he had opportunities to take the throne by force. Rushing shots—whether in life or sports—usually leads to missing them. Trust the process.

Composure is presented as a "Chrysalis" phase: the patient work that must happen in the dark before a champion can fly. This is essential for managing the anxiety that arises from comparison or a desire for instant gratification.

David waited on the Lord, because he put all his trust in Him. He waited 15 years after he was anointed King to take the throne, understanding it was a process, and honored King Saul even after his death, recognizing that although King Saul disobeyed God, God

had anointed Saul as King, even for a season. Don't rush your shots. Let the game come to you. Distribute the ball and give honor to where honor is due. God already knows the outcome and has your appointed time in His hands. Wait for instruction from The Coach, and let Him use you to influence the game and followers of the game. Some players on the bench need to be encouraged! Some training who have not completed the process of their potential need to be saved. Don't rush the process. Think of the caterpillar, chrysalis, and butterfly. Be gracious in waiting on the Lord so patience may have its perfect work in you for your witness. 2 Samuel 5:4-5; 1 Samuel 13:14; Acts 13:22

Let's do the work...

Wait For It

Leadership Level Up: Champions protect our mental health with patience. Composure is built by identifying "triggers" (discernment), practicing good breathing (regulation), and sustaining your joy (expressing heartfelt gratitude rooted in God's love). The joy of The Lord is our strength!

Breathe...

When you're angry, anxious, frustrated, or scared, reset to a core foundation of honor, and try "Box Breathing."

- Breathe in for 4 seconds, hold for 4, breathe out for 4, and hold for 4. (Breathing Technique Tip: From the diaphragm, sniff the roses motion to breathe in, and blow the leaf to breath out until the tummy pushes all the air out)

This exercise tells your brain to calm down, and relaxes your nervous system.

Resilience in The "Waiting Room"

Phase of Timing	Action	Purpose
Stillness	Waiting for instruction.	Prevents anxiety and unforced errors.
Observation	Watching the defense.	Understanding God's timing in the "play."
Execution	Taking the shot when called.	Trusting the preparation of the waiting room.

Think About It: What is one thing you're waiting for right now? How can you stay positive while you wait?

The Drill: Spend 3 minutes in complete silence today while sitting totally still. If your mind starts racing, just whisper the name "Jesus" to bring your focus back.

Love Yourself: One thing I love about my patience (even if it's just a little bit!) is...

5

OFFENSE & DEFENSE

#5. **PRESS PLAY** WITH GAME-WINNING STRATEGY:

The Shepherd's Game

A champion needs to be strong at both ends of the court with "Strong Dunamis Defense" and "Off the Chain Offense." David's "shepherd game" involved defending his flock against lions and bears, which sharpened the skills he eventually used to lead an offensive slay against Goliath. Remember that "the ball" is your witness—people are watching how you handle the gifts God has provided you.

- **Defense:** Guarding the heart against offense, bitterness, unforgiveness, and the "Goliaths" of the world.
- **Offense:** Taking the initiative to serve others, lead through excellence, and "put it all on the floor."

PLAY WITH THE TWINS: **STRONG** "DUNAMIS/DYNAMOS" **DEFENSE**
and **POWERFUL** "OFF THE CHAIN" **OFFENSE:**

David perfected his shepherd game. He slayed bears, lions, and intruders coming to harm his flock.

As a team, we protect the ball, handle the ball, shoot the ball, create plays, and assist our teammates with the ball. The ball is your witness. People are watching for what you do with the ball God has provided you the privilege of handling in the game. How are your handles?

Gratitude is a great way to improve your all around game. Keep practicing and know your stats are strengthening your witness as an authority in the game. God is The Authority of the game. Put it all on the floor every time and watch God develop you. 1 Samuel 17:34-37; Psalm 23

Let's do the work...

The Shepherd's Game

Guarding the Heart: Anti-Bullying Defense

Protecting the "ball" of one's spirit requires an awareness of "heart idols"—things we worship instead of God (peer approval, perfect stats, etc.). When an athlete's heart is guarded, they can handle criticism without "spiraling" and can defend other teammates from being shamed or excluded.

The Game Film

Think About It: If someone made a "highlight reel" of your behavior today, what would it show?

The Drill: Create a "Defensive Play" for when you're tempted to do something wrong (like lie, gossip, or quit). What will you do instead?

Love Yourself: One thing I love about my physical strength or how I move is...

4

FOCUS

#4. **PRESS PLAY** WITH GAME-WINNING DISCIPLINE OF FOCUS:

Stay Locked In

Focus is the discipline of stillness and consistent obedience to the Coach's instructions. Focus is about doing what your Coach says, even when it's hard. David learned to petition God for mercy and accept the Coach's answer, even when it was "No."

This level of discipline requires a student-athlete to understand that when a coach sits them on the bench or changes a play, it is often for the safety and success of the entire team. Sometimes the Coach sits you on the bench. It might feel bad, but He sees the whole game and knows what's best for the team.

Rest is training. You can't focus if you're exhausted! Focus is "trained" through repetition and the rejection of self-centeredness. It involves the daily choices made when no scoreboard is active and no spotlight is on you.

The Power of Rest

Focus is diminished by fatigue. Champions prioritize "Sleep Hygiene," recognizing that well-rested athletes are 2 times less likely to suffer injuries.

Age Group	Recommended Sleep	Focus Impact
Grades 3-6 (Ages 6-12)	9-12 hours nightly	Better mood (emotional regulation) and skill learning (retention).
Teens/College (Ages 13-22)	8-10 hours nightly	Faster reaction time and decision-making.

David put his concerns in the Lord's hands and petitioned God for mercy. When God answered, he accepted God's answer and kept walking in God's guidance.

When The Coach sits us on the bench, draws up a different play than we expected, or says no to our requests, it's for a good reason. He is considering all of His players in the game while our bias to be self-centered can cause greater harm than we realize.

Obedience prevents injury and the clock from running out. His grace provides us with the opportunity to practice what we've learned when a similar circumstance comes back around. When we trust God, we WIN! 1 Samuel 16:23; Psalm 1; Psalm 3:4

Let's do the work...

The Shepherd's Game

Focus Your Vision

Think About It: Where does your time go? Do you spend more time on your phone or practicing your craft?

The Drill: Try "5-Finger Breathing." Trace your hand with your finger. Breathe in as you go up a finger, and out as you go down. Do this before your next big test or game.

Love Yourself: What is one thing I love about my ability to work hard even when it's not "flashy?"

3

INSIGHT

#3. **PRESS PLAY** WITH GAME-WINNING VISION:

Know The Game

Insight is defined as "knowing the game" through wisdom and understanding. Simply stated, insight means being "smart" about how the game works, or having a "High IQ" of the game. Players who create plays for their teammates generally have a high IQ of the game.

This is a Champion's trademark because it builds everything they touch. They are able to lead by example with a culture that their team can participate in, and with character they can duplicate, so that everybody wins!

A person who enjoys hikes sees a mountain differently than a person who sees an obstacle. The hiker sees an opportunity, where the other person sees the impossible.

David took care of sheep before he took care of people. He treated the small assignment with the same excellence as the great one.

Promotion comes through humility and serving others. He did the "small" job so well that God promoted him to the "big" job.

Champions develop their "Intellectual Character"—the ability to stay curious, coachable, and open to feedback. Instead of viewing a coach's correction as a personal attack, the champion with insight asks, "What can I learn from this to level up?"

PLAY WITH UNDERSTANDING (KEEN INSIGHT): KNOW THE GAME: David feared the Lord and respected The King of kings. He learned how to be a King through serving God's people. He learned how to serve God's people through taking care of the sheep God provided him in his assignment.

Know the game (Wisdom & Understanding) and gain knowledge and understanding to grow and help those you are leading and playing with grow. David was an authority over sheep before he was authority over people. He treated them right so God used David mightily as King. Know your assignment and do it well, not despising small beginnings. Your promotion comes with humility, consistency, and serving in the spirit of excellence whether in the presence of 10,000 or 1. Psalm 91; Psalm 139:14; 1 Samuel 18:15

Let's do the work...

Know The Game

New Eyes

Think About It: What is a "small" job you have right now (like cleaning your room or helping a sibling)? How can you do it with excellence?

The Drill: Pick a random object like a pencil or a water bottle. Brainstorm 5 totally new ways it could be used. This helps your brain think outside the box!

1. _____
2. _____
3. _____
4. _____
5. _____

Love Yourself: What is one area where I display intelligence or "game smart," and how does that help my team win?

2

ENDURANCE

#2. **PRESS PLAY** WITH GAME-WINNING PATIENCE:

Never Give Up + Never Quit

Endurance is the strength to stay in the game to the finish. Endurance is finishing what you started, even when you get tired. David went through dark valleys, but he always encouraged himself in the Lord. He didn't give up because he knew God was with him.

David testified of God's goodness all the days of his life, even into old age. Champions run to win, understanding that fatigue and long seasons are opportunities for God to renew their strength.

Be encouraged that a "tired win" is still a win. That spiritual fervor and hope can carry a player through moments where physical stamina fails. Endurance is the antidote to the "desire to quit" that often follows a period of burnout.

Finding Light in the Valley

Endurance is not just physical; it is mental. David shared his

depression with us in the Psalms, crying out, "Save me, O God, for the floodwaters are up to my neck." The workbook provides tools for "Encouraging Yourself in the Lord" through the darkest valleys.

- The Power of Words: Recognizing that the tongue has the power of life and death in one's own mind.
- The Support System: Intentionally finding a "mentor" or a community of peers with similar values.

PLAY WITH ENDURANCE TO THE FINISH: David testified of the Lord's goodness and served God all the days of his life. Even in old age, he focused on honoring God so God's people would be led to Him. Stay in the game (Endure) and don't give up. God, OUR COACH, will never leave or forsake us! We win! Psalm 27:4-5; Psalm 37:25

Let's do the work...

Never Give Up + Never Quit

Leadership Level Up: Endurance is the strength to stay in the game to the finish.

Think About It: Imagine yourself 10 years from now. What would that "Future You" say to the "You" right now about not giving up today?

The Drill: Write a Bible verse (like Philippians 4:13) on your wrist band. Look at it when you feel like quitting.

Love Yourself: I love my "grit" (my toughness) because..

1

GRATITUDE

#1. **PRESS PLAY** WITH GAME-WINNING HEART:

Say Thank You

“Gratitude turns what we have into enough.”

The most important trait of a champion is having a grateful heart, displayed as an “Attitude of Gratitude.” David loved God, and that love made him able to love others, even his enemies. Gratitude is the “good medicine” that keeps the heart from being crushed by the outcomes of the game.

Playing gracefully means recognizing that God is the Creator of the game. Gratitude turns “what we have into enough” and allows an athlete to praise God before the people at all times. Leaving the home, gym, field, or locker room better than you found it is the evidence of gratitude, and a trademark of a champion.

PLAY WITH AN ATTITUDE OF GRATITUDE (A GRATEFUL HEART):

David loved the Lord His God and His love for God empowered Him to love God’s people, even in the midst of persecution. David

understood pleasing God was more important than avenging himself before his enemies. Love the game (gratitude) and play gracefully. God is the Creator of the game and is just. Praise Him before the people at all times. Psalm 138; Psalm 100:4-5

Let's do the work...

Say Thank You

Leadership Level Up: Create a "Vision Board" (Habakkuk 2:2-4) that displays images and words representing your goals for spiritual, physical, and emotional health. This exercise will serve as a constant reminder of the healthy choices a champion makes to stay ready, live and active.

Wellness Dimension	Vision Board Idea/Scripture
Spiritual	Daily prayer routine; Read the Bible cover to cover.
Physical	60 minutes of movement; Try a new activity; mix up your routine.
Emotional	Gratitude journaling; Forgiveness of a past hurt.
Social	Serving at a food bank, volunteer time serving in a senior home; Mentor a younger player.

Think About It: What are three things that went well today that have nothing to do with the score of a game?

1. _____
2. _____

3. _____

The Drill: Create a "Wellness Vision Board." Draw or paste pictures of your goals for your body, your mind, and your walk with God.

Love Yourself: One thing I love about my heart for God and for other people is...

Biblical References

Scripture Passage	Topic
Genesis 1:26-31	Identity: Mankind created in the image of God.
1 Samuel 13:14	Heart: God's search for a leader after His own heart.
1 Samuel 16:7	Insight: God looks at the heart, not outward appearance.
1 Samuel 16:23	Mental Health: David's music as a tool for soothing distressing spirits.
1 Samuel 17	Courage: The victory of David over the giant Goliath.
1 Samuel 18:15	Promotion: David's wise behavior leading to favor.
2 Samuel 5:4-5	Timing: David's patient wait to reign as King.
2 Samuel 9:6-11	Honor: Showing kindness to the lineage of Saul.
2 Samuel 12:1-13	Repentance: David owning his big mistake through Nathan's rebuke.
Psalm 1	Blessing: The delight of the righteous in God's law.
Psalm 3:4	Focus: Crying out to the Lord and being heard from His holy hill.
Psalm 13	Depression: The honest cry of "How long?" in the darkness.
Psalm 23	Defense: The Lord as a Shepherd who protects and restores.

Psalm 27	Endurance: Seeking the Lord's face and waiting on His timing.
Psalm 34:18	Comfort: God's nearness to the crushed in spirit.
Psalm 51	Productivity: Repentance and the creation of a clean heart.
Psalm 100:4-5	Gratitude: Entering His gates with thanksgiving.
Psalm 139:14	Identity: Being fearfully and wonderfully made.
Proverbs 3:5-6	Confidence: Trusting in God rather than human understanding.
Matthew 5:11-16	Witness: Being the light of the world in the midst of insults.
Matthew 5:38-44	Anti-Bullying: Turning the other cheek and loving enemies.
Matthew 22:37-39	Mission: The greatest command to love God and neighbor.
Philippians 4:13	Strength: Christ as the empowerer for every challenge.
Colossians 3:23	Work Ethic: Working with all one's heart for the Lord.
2 Timothy 4:7	Finish Line: Fighting the good fight and finishing the race.
Hebrews 12:1-2	Recovery: Fixing eyes on Jesus and throwing off weights.

The Call

David was a King, but he still needed a Savior. And so do we. God made you in His image because He loves you and wants to be with you forever. Jesus is God in person. He lived a perfect life to show us how to love, and He died on the cross to pay for every mistake we've ever made.

When you ask Jesus into your heart, you're on the winning team forever. Nothing can separate you from God's love. Not even death.

Are you ready to say "Yes"? If you want to dedicate your life to winning God's way, you can say this:

"Lord, I confess that I need You. I believe in You, and I love You. I give You the #1 place in my heart. In Jesus' name, Amen." (Romans 10:9)

Welcome to the family! You have joined the Ultimate Team! We win!

About the Author



Rosetta “Rose” Daniels is an ordained evangelist, devoted mom, and creative administrator who inspires others through her artistic writing and creative talents.

As the founder of **Exciting Ministries**, she offers CHRIST-CENTERED programs focused on youth and teens, providing them with tools to overcome challenges and discover their

purpose. Her flagship **“Winning The Game”** campaign is an anti-bullying and suicide prevention initiative. It uses innovative outreach, including sports, music, and group talk, for positive mentoring engagement to help youth “win the game in life.”

Rose’s publications, including the **My A.C.E. Decree** framework, guide people to recognize their God-given purpose and develop the confidence, insight, and accountability in the process to successfully live it out.

For more information, please visit www.ExcitingMinistries.org.

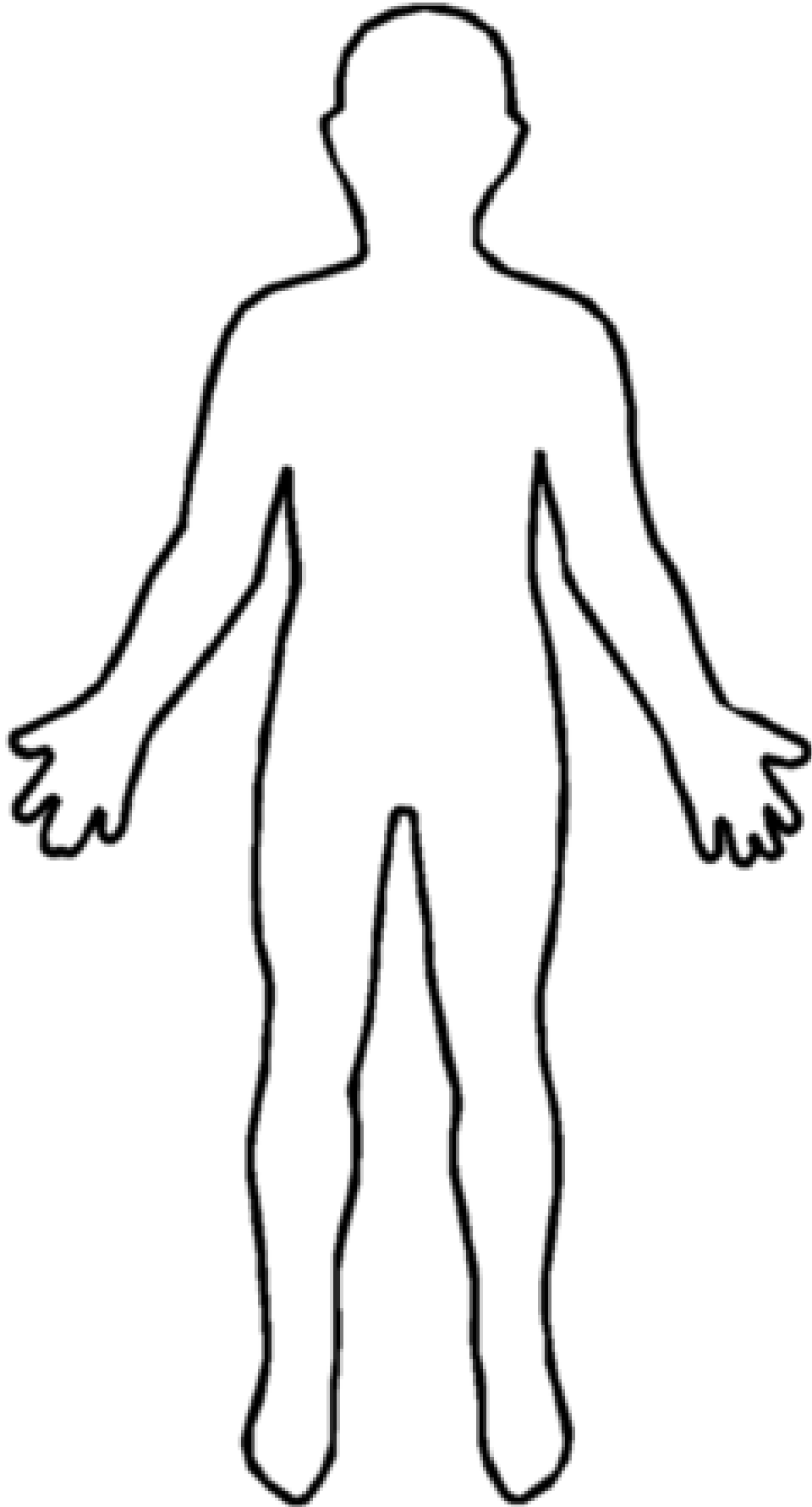
Photo Credit: Michal Lily

Appendix

Your Champion Body: The Production Crew

Inside your body, you have a whole team of organs working to keep your "production line" running smooth. Here's how they help you win:

- **Brain:** Proper sleep gives your brain more oxygen, which strengthens its function and helps you make the right plays for the rest of the body.
- **Thyroid:** This organ manages your energy and metabolism so you have the "go-power" to stay productive all day.
- **Heart:** A strong heart pumps fresh, oxygen-rich blood to your muscles, giving you the endurance to stay in the game.
- **Lungs:** Deep breathing (like Box Breathing) brings in the oxygen needed to calm your nervous system and reset your focus.
- **Liver:** Your liver stores extra energy (glycogen) like a backup battery for when your "production line" needs an intense boost.
- **Stomach:** This is where your fuel begins; it breaks down healthy food into the nutrients you need to produce excellence.
- **Gallbladder:** It helps your body digest fats, which are essential for long-term health, hormones, and growth.
- **Spleen:** This "defensive" organ helps filter your blood and fight germs so you stay healthy and off the benched list.
- **Kidneys:** Your kidneys filter out waste and balance fluids so your system stays clean and runs like a well-oiled machine.
- **Pancreas:** It balances your blood sugar levels so your energy stays steady instead of "crashing" during practice.
- **Bladder:** By managing hydration, it helps you maintain the right fluid balance for peak performance and recovery.
- **Small Intestine:** This organ absorbs the "color" (nutrients) from your balanced plate to repair and rebuild your body.
- **Large Intestine:** It moves out the stuff your body doesn't need so you feel light, fast, and ready for showtime.



For Parents: Winning The Game with 10 Plays

10. **CONGRATULATE**

Highlight your child's achievements and efforts, no matter how big or small.

9. **COMMUNICATE**

Initiate conversations that minister to your child's love languages and provide a safe atmosphere.

8. **LIBERATE**

Consistency is important, yet create moments of liberation from routine within their capacity.

7. **INVESTIGATE**

Research your child's interests and passions and invite them to join. Then exchange discoveries.

6. **DEMONSTRATE**

Intentionally perform a key principle you're teaching your child in an applicable way.

5. **EDUCATE**

Gaining understanding in how your child learns best, educate them on their subject of choice.

4. **STIMULATE**

From playing music to therapeutic decor, enrich your child's experience via sensory diet.

3. **CREATE**

Whether cooking, building, crafting, producing, or sewing, find the activity that creates fun memories!

2. **MOTIVATE**

Friendly competition, preferred activities, and common bonds help our kids connect and transition.

1. **ENGAGE**

Research shows that the #1 activity preference of children are to be engaged with their parents.

Winning the Game

10 Game-Winning Principles for Creating **CHAMPIONS** On and Off the Court

Summary

Unlock Your Inner Champion: A Guide to Game-Changing Impact

The *Winning the Game* workbook isn't just another manual—it is a **strategic blueprint** for anyone ready to transition from a spectator to a world-changer. Whether you are an athlete under the stadium lights or a student navigating the complexities of daily life, this curriculum offers the tools to fortify your character and lead with purpose.

The Core Philosophy: Beyond the Scoreboard

Most players focus primarily on physical talent or the highlight reel. *Winning the Game* flips the script, focusing on the **internal architecture of a champion**. Highlighting that true victory is not defined by trophies, but by a culture of resilience and fulfilling one's God-ordained purpose. *Winning The Game* encourages you to engage in living your dreams right now.

- **Universal Application:** Designed for the court, the locker room, and the living room alike.
- **Character over Talent:** Shift your focus from what you *do* to who you *are*.
- **Spiritual Transformation:** Move past superficial motivation into a deeper relationship with God.

Why You Must Start Now

"With God, you are always on the Winning Team."

The world needs leaders who refuse to quit. By working through this manual, you are committing to a **resilient mindset** that says "Never Give Up." This curriculum empowers you to influence your environment, uplift your teammates, and live a life that reflects the glory of God.

Are you ready to redefine what it means to be a champion? Put these principles into practice and start your journey toward a game-changing impact today.

Strategic Pillars for a Game-Changing Life

This workbook utilizes 10 proven strategies to cultivate a "Champion's Heart." By engaging with these principles, you don't just learn about winning—you become a Champion, Winning The Game on and off the court!

Feature	Impact on and off the Court
The David Paradigm	Learn to overcome "Goliaths" like bullying and depression using the gritty, real-world lessons from the life of David.
Living Tool Approach	This is an interactive journey that fosters two-way communication between students and leaders, and peer to peer relational success.
The "Daily Win" Habit	Celebrate small victories every day to build the momentum needed for overcoming life's biggest challenges.
Identity Affirmation	Ground your confidence in your God-given identity rather than external performance.

