

A BEYOND HER GAME CONVERSATION STARTER

Four Questions Every Parent Should Ask Their Athlete

One small shift in the post-practice, post-game conversation — that builds an identity bigger than the scoreboard.

Most conversations between parents and athletes start the same way: “How was practice?” “Did you win?” “How did you play?” Those questions aren't wrong — but if they're the only questions your daughter hears, she quietly learns that her value lives inside her performance.

The four questions below are simple enough to ask tonight, and they do something bigger than checking in on the game. They reinforce that she is a whole person — someone who learns, struggles, encourages others, and grows — whether or not the scoreboard went her way.

1**What challenged you today?**

Why it matters: Normalizes struggle as part of growth, not something to hide or fear.

Ask this week: Ask it the same way you'd ask about a highlight — with curiosity, not concern.

2**What did you learn?**

Why it matters: Shifts the focus from outcome to growth, which is the mindset that lasts long after sports end.

Ask this week: Follow up with, “How do you think you'll use that tomorrow?”

3**Who did you encourage?**

Why it matters: Builds awareness that leadership and character show up in how she treats teammates, not just how she performs.

Ask this week: Celebrate this answer as enthusiastically as you'd celebrate a goal or a win.

4

What are you proud of that had nothing to do with your performance?

Why it matters: Directly separates her sense of self-worth from her stats — the core skill she'll need for life after sports.

Ask this week: Give this one time. It's often the hardest question for a competitive athlete to answer.

*Your greatest job isn't raising a successful athlete.
It's raising a confident woman who happens to play sports.*

From Beyond Her Game

If this resonated with you, Beyond Her Game helps athletes and families navigate everything beyond competition — identity, confidence, leadership, and life after sports. Book a free Discovery Call to talk through what this could look like for your family: beyondhergame.com