

A BEYOND HER GAME CHECKLIST

Preparing Your Athlete for Life After Sports

A simple checklist to make sure she's building a whole identity — not just an athletic one.

Every athlete eventually faces a transition — graduation, injury, not making a team, or simply moving on. The question isn't if it happens. It's whether she's prepared. Work through this checklist a section at a time; you don't need to tackle it all at once.

Identity & Confidence

- ☐ She can name strengths she has that aren't measured on the scoreboard.
- ☐ She has hobbies or interests that exist outside of her sport.
- ☐ She hears you praise her character and effort as often as her performance.
- ☐ She knows her worth isn't tied to wins, losses, or playing time.

Communication & Relationships

- ☐ She can express feelings and frustrations without them showing up only on the field.
- ☐ She has friendships that aren't connected to her team or sport.
- ☐ She feels comfortable talking to you about a hard practice or a bad game — without it turning into a lecture.

Leadership & Character

- ☐ She's had chances to lead — on the field or off — in ways that get noticed and encouraged.
- ☐ She actively encourages and supports teammates, especially when they're struggling.
- ☐ She understands that leadership is a daily habit, not a title.

Life Skills & Direction

- ☐ She has some exposure to basic financial literacy — saving, budgeting, or earning.
- ☐ She's had conversations about interests, careers, or paths beyond athletics.
- ☐ She understands that her sport is training her for life, not defining her life.

- ☐ She's talked openly with you about what transition might look like — before it happens.

How to Use This Checklist

You don't need every box checked today. Revisit this list every season and let it guide the conversations you have in the car, at dinner, or after a tough loss. Small, consistent moments build the identity that lasts long after the final whistle.

*One day the uniform will come off and the trophies will collect dust.
The confidence she builds in who she is will stay with her for the rest of her life.*

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