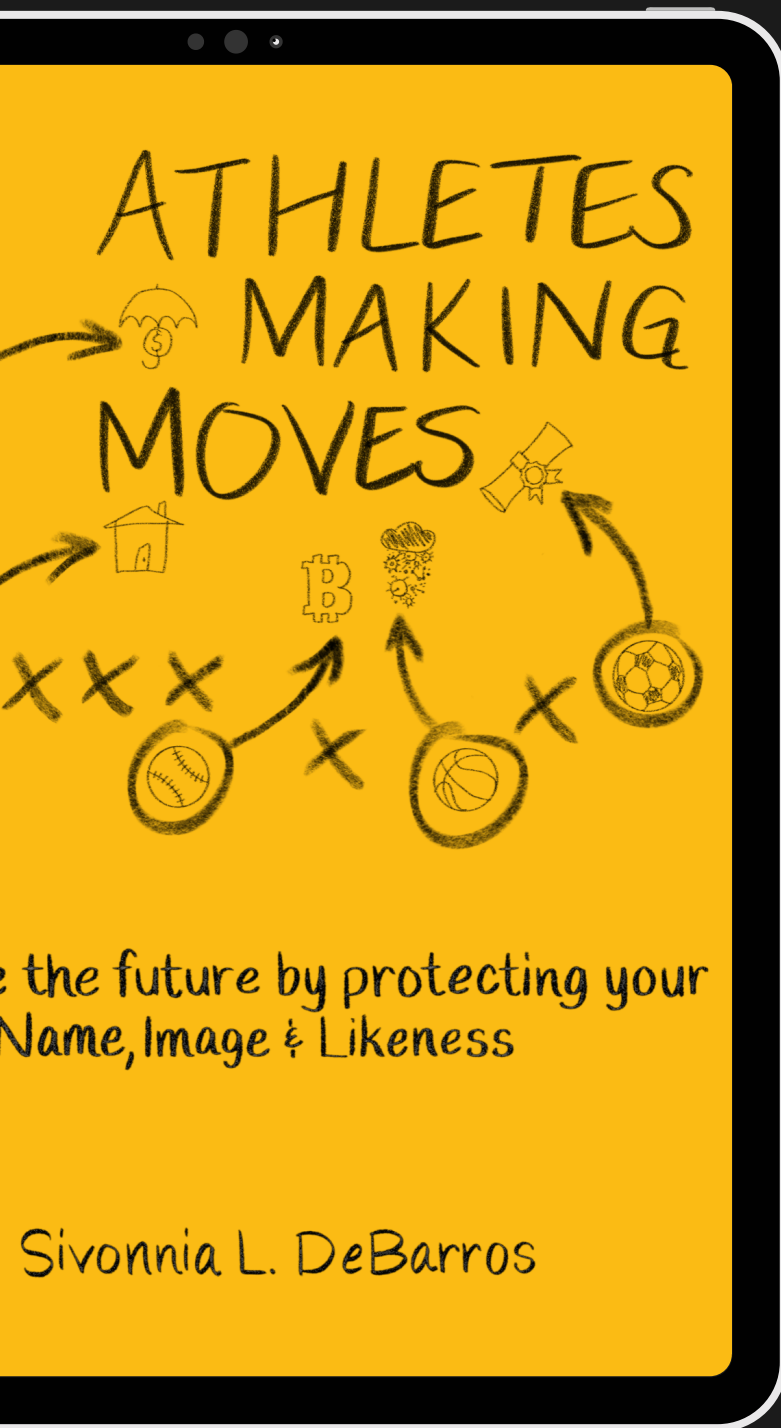


ATHLETES MAKING MOVES

5 Tips for Success



Protect the future by protecting your
Name, Image & Likeness

Sivonnia L. DeBarros

KNOW WHO YOU ARE

We're all given names, but rarely do we stop to think about our name and what it means to us! Your name & everything that you do with it is and will become your legacy.

SET GOALS/PLANS

It's extremely hard to achieve if you've never thought about what you want out of life. Once you determine what that is, work backwards to set up goal parameters along the way. This will help you to you reach your dreams.

DREAM BIG

Don't be afraid to dream big! Don't be afraid to dream of something that you've never seen yourself. You have the power to do whatever it is that you want. However, the bigger the dream, the further you'll soar.

SET BOUNDARIES

It's essential that you make moves by protecting your future. You do this by setting boundaries for the people who are around you and for yourself. Ensure that you're not putting yourself in environments that are not conducive to your achievement.

NEVER FAKE IT TO MAKE IT

Under no circumstance should you ever fake it to make it. That strategy won't build your confidence, and it won't buy you credibility. If you need help, say it. If something is wrong, say it. Always be authentically you.