

What's Your Football?

A Saturday Morning Leadership reflection on resilience, fear, and taking the next step.



Charlie Brown knew what could happen. He had run toward that football before. He had trusted Lucy before. He had landed flat on his back before. And still, he ran toward it again.

Most of us have a football - something we want to try again, but experience has given us plenty of reasons not to. This isn't about pretending you won't get knocked down. It's about deciding whether the possibility of falling gets to keep you from running toward the ball.

1. Name the Football

Don't solve it yet. Just name it.

I've been avoiding...

I keep telling myself...

If I weren't afraid of _____, I would...

2. Remember What Happened

The last time I tried, this is what happened:

What part of that experience am I still carrying with me?

The goal isn't to erase what happened. It's to stop letting yesterday make every decision for tomorrow.

3. Challenge the Story

Sometimes the thing holding us back isn't the fall. It's the story we started telling ourselves after the fall.

Because that happened, I've been telling myself...

What might be true instead?

4. Run Toward the Ball

Resilience isn't proving you're strong enough to do everything. It's doing the next thing you can do.

One small step I can take in the next 48 hours:

What would count as a small win?

5. Don't Run Alone

Charlie Brown had Linus. Recovery taught me the same lesson: sometimes getting back up begins by letting someone walk beside you.

One person I can ask to walk with me:

Monday Morning

When Monday comes, I will...

You don't have to know exactly what will happen. You just have to decide whether fear gets to keep you standing still.

Good grief. Run toward the ball.