



Getting the Reps with: USA Volleyball's Cassidy Lichtman

Understanding My Lens

Key Takeaways

- We all see the world through a certain lens based on our backgrounds, our experiences and what we learned growing up.
- When you see people doing something that you disagree with, instead of just thinking that they're wrong, try to think about what lens they're looking through.
- Most of the differences between us aren't wrong or right; they're just different. And all of those differences that don't actually harm anyone, we can just choose to accept.

Things to Think About

- What are some of the lenses you have in your sport? Do you sometimes judge other players through your lens?
- Why might it be helpful to have people with different perspectives on a team?
- What are some ways the people on your team might be different from each other? How can understanding the lenses or backgrounds of others make us better teammates?

Ways to Practice

- Think about someone you don't like or get along with. Can you think of some reasons why they might be the way they are?
- Try to catch yourself the next time you disagree with someone and consider why they might think that way. What's the lens they're looking through?

