

The Greatness Playbook

THE MENTAL RESILIENCE EDITION

Build Emotional Strength, Protect Your Peace, and Turn Vulnerability Into Healing

Featuring Kevin Love and Lewis Howes
A Special School of Greatness Worksheet

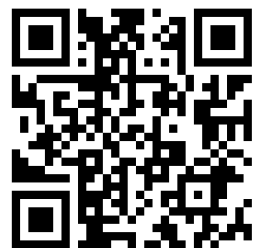
Achievement can create success without creating peace. Kevin Love shares how anxiety, depression, pressure, family wounds, and identity struggles follow him even through NBA championships, Olympic gold, and years of elite performance. Success gives him a platform, but it does not automatically heal the pain underneath.

The deeper transformation begins when emotional honesty replaces emotional survival. This Playbook shows you how to stop using achievement as a mask, build the language to express what is real, protect your nervous system, and create relationships that support healing, growth, and lasting strength.

WHAT YOU'LL GET

- A framework for building mental resilience before you hit rock bottom
- Tools to express what you feel instead of suppressing it
- Practices that help you navigate identity shifts, uncertainty, and transition
- Insights on how achievement can hide pain instead of healing it
- A system for protecting your peace through nervous system regulation
- Strategies to strengthen relationships, friendship, and community
- A path to turn vulnerability into impact, leadership, and service

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PLAY #1 — SAY WHAT YOU'RE HOLDING

Goal: Build emotional freedom by expressing what you feel before it turns into anxiety, anger, or isolation.

Action Steps

- Name one emotion you avoid admitting, such as fear, confusion, grief, shame, or sadness
- Write one honest sentence that starts with: "What I have not said is..."
- Share that sentence with someone safe, or release it through journaling, music, prayer, movement, or creative expression
- Notice how your body feels after giving the emotion language

Healing Insight

What you do not say still lives in you. Giving it language helps your body release what it has been carrying.

PLAY #2 — STOP ACHIEVING TO ESCAPE PAIN

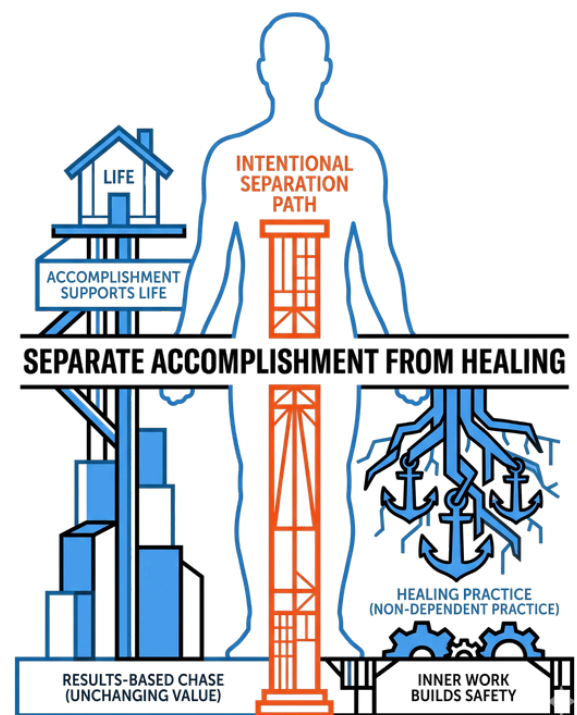
Goal: Separate accomplishment from healing so success supports your life instead of becoming your emotional hiding place.

Action Steps

- Identify one goal you are chasing because you believe it will finally make you feel enough
- Ask yourself what pain, fear, or insecurity you hope that achievement will erase
- Keep pursuing excellence, but add one healing practice that does not depend on results
- Celebrate progress without using it as proof of your worth

Growth Reframe

You cannot win your way to peace. Healing requires the work success cannot do.



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PLAY #3 — BUILD AN IDENTITY BEYOND THE ROLE

Goal: Prepare for seasons of transition by grounding your identity in values, relationships, and purpose rather than one title.

Action Steps

- Write down the role you most identify with, such as athlete, parent, leader, provider, creator, or achiever
- Ask: Who am I without this role?
- List three values that remain true no matter what season you are in
- Choose one action this week that expresses those values outside of performance

Identity Insight

When a role shapes your life for years, change can feel like loss. Transition helps you discover who you are beneath the title.

PLAY #4 — PROTECT YOUR NERVOUS SYSTEM

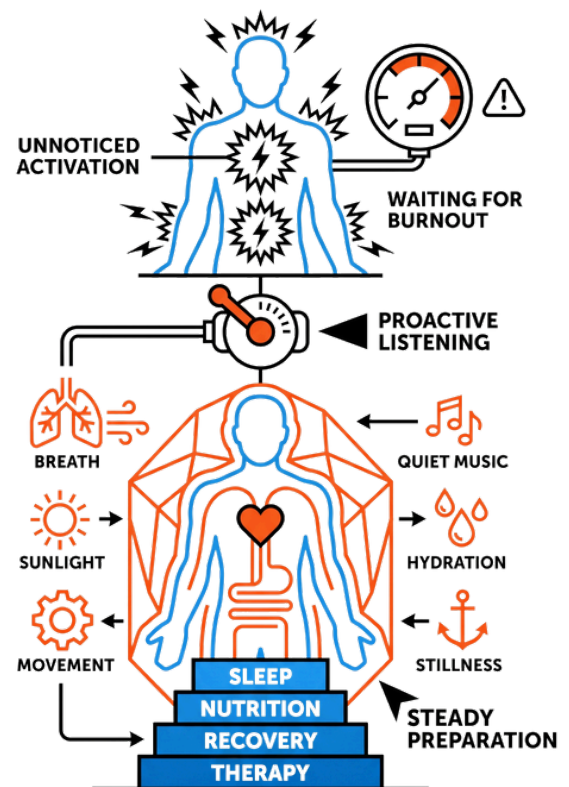
Goal: Create daily rituals that help your body feel safe, steady, and prepared for pressure.

Action Steps

- Notice the situations that activate stress in your chest, stomach, thoughts, or behavior
- Use calming sensory cues such as slower breath, quiet music, sunlight, hydration, movement, or stillness
- Build a simple pre-pressure routine that regulates you before important moments
- Prioritize sleep, nutrition, recovery, and therapy as performance tools, not luxuries

Resilience Insight

Your nervous system is always speaking. Listening early prevents panic, burnout, or breakdown from getting louder.



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PLAY #5 — CHOOSE YOUR TRIBE WITH INTENTION

Goal: Build resilience through relationships rooted in honesty, support, and belonging.

Action Steps

- Identify who shows up in difficult seasons, not just successful ones
- Reach out to one person with appreciation, honesty, or support
- Be the first to encourage, celebrate, or check in
- Ask someone, “How are you really doing?”

Connection Insight

Healing moves faster in safe community. The right people help you carry grief, pressure, and change without feeling alone.

MY NEXT MOVE

Reflect intentionally:

- What emotion have I been carrying but not expressing?
- Where am I using achievement to avoid something I need to heal?
- What role, title, or identity am I afraid of losing?
- Who helps me feel safe enough to be honest?

Commit to one honest action this week. Say what you have been holding, reach out, make the appointment, or choose the ritual that protects your peace. Healing begins when you stop hiding from what is real.

ASK LEWIS ANYTHING

You do not have to figure this out alone. Ask questions, get guidance, and continue the conversation with Lewis AI, trained on years of insights from The School of Greatness.

👉 Text or WhatsApp Lewis AI now
(614) 350-3960 or lewishowes.com/convo



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