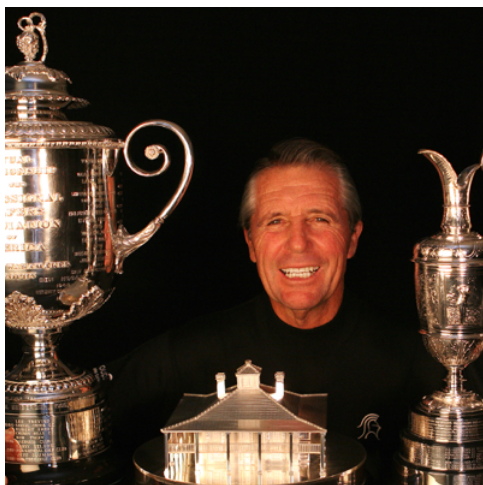


GARY PLAYER // Reflection Guide

HALL OF FAME GOLFER



1. Gary Player's mother died when he was 8 years old but before her death there were many life lessons she taught him. She believed that getting a good education was important. She also knew that when it came to life's most difficult challenges and problems, everyone has to face them in their

own way.

What are some of the ways you deal with the problems in your life?

2. Gary says that good friends and his brother and sister were a great help after his mother died. He found them very comforting. His older brother and sister reminded him that many young people had lost a parent, that he was not alone.

Who did you turn to when your loved one died? Where do you find comfort? When you realize you are not alone, what are your thoughts and feelings?

3. Gary says that his faith helped him overcome his mother's death. He believes that people count on any type of faith, as long as it helps them to get through tough times.

Where do you find faith? What has helped you to get through the experience of losing a loved one?

4. Gary encourages people to understand they have a choice every day to be happy or to be sad. He reminds us that many other people have struggles and some may have greater challenges than our own. He suggests that we "Just do it."

What do you think he means when he tells us to "just do it"?
What are some ways to rise and "just do it"?

5. At the end of the video, Gary lists some ways to make you happy: play good music, dance, laugh and always work hard towards your goals.

What do you do to feel happier when you are having a difficult time?
How can you incorporate some of these approaches or activities into your daily life?