

# ROHAN MARLEY // Reflection Guide

PRO FOOTBALL PLAYER/ ENTREPRENEUR



becomes brighter.

Rohan vividly describes how he felt after the death of his father and uses the sun as an illustration - from a gloomy sun to a sun that becomes brighter and brighter. Describe how you can relate to Rohan's experience. What words would you use to illustrate your experience after the death of your parent or loved one?

**2. In high school and college Rohan loved football but after awhile, he wanted to do something different. So he channeled that same passion and emotion into a new venture. He created a coffee company with coffee grown in Jamaica and offered job opportunities in the community. He also became involved with charity work.**

What are some ways to channel your inner passion and emotions into something new? How can you include helping others with those new interests?

**1. Rohan talks about how his life changed drastically after old. He says, "Life changed, everything was different, the sun became gloomy". . . "it's like you against the world." Then Rohan thought it was time to stop crying. With a smile he added, "Well, kind of stop crying. You'll cry forever." But then you grow and grow and the sun**

**3. Rohan talks about how he wishes his father could see him now and sometimes he wonders what his father would think, about playing football and even relationship issues. Then Rohan says that he turns on his fathers' music and it tells him what to do...the music is the message from his father... don't cry, everything is all right.**

What do you think your loved one would say about the person you have become? What messages do you think would come from your loved one? In music? Drama? Art? How do you live your life, making personal decisions, with that person in mind?

**4. Rohan feels connected to his father through listening to his father's music and explains how that music gets him through tough times.**

When do you feel connected to your loved one? What helps you to get through tough times?

**5. Rohan says, "Your parent is always present because your parent is a part of you."**

In what ways do you feel like your parent or loved one is a "part of you"? Give several examples and your thoughts and feelings.

**6. Rohan concludes by saying, "Be a giver, think of yourself as a giver. Give thanks for life."**

How are you a giver? What are you thankful for?