

10 WAYS TO BE A BETTER TEAMMATE

 @BELIEVEPHQ

GOODWILL



Win as a team.
Lose as a team.
Don't blame or
take it out of
anyone

RESPECT



Show respect to
everyone around
you

DEVOTION



Devote yourself
to the sport for
your teammates

SUPPORT



Show your team
that you are
trustworthy and
always willing to
help

TRUST



When things get
tough, encourage
your teammates
to keep working
hard

ENCOURAGE



When things get
tough, encourage
your teammates
to keep working
hard

PROBLEM SOLVE

Work together to
solve problems
and mistakes



COMMUNICATION

Be effective when
communicating.
Be honest with
your teammates



LEARN TO LISTEN



WORK TOGETHER