

Chapter 4 Resources

Build Yourself First

Reflection Questions · Builder Exercises · AI in Action

REFLECTION QUESTIONS

Reflect on these before moving on. Write your answers somewhere you will return to.

1. Of the four assets, Knowledge, Skills, Energy, and Identity, which have you kept building since your sport, and which have you quietly let slide?
2. What is one thing you have always been curious about but told yourself you did not have time to learn?
3. What small daily habit are you currently using to vote for the person you want to become? What vote are you accidentally casting against it?
4. Where has your emotional intelligence been tested off the field, and how did you handle it?

BUILDER EXERCISES

Do not just agree that you are your most important asset. Invest in it. Each of these takes under an hour.

1. Audit your Compounding Self. On one page, draw four boxes: Knowledge, Skills, Energy, Identity. Score yourself one to ten in each, and write one sentence on why. Your lowest score is your highest-leverage place to begin.
2. Design your Skill Stack. List the rare skills your sport gave you. Then choose one new skill to add this year that would multiply them, and write the first deliberate step. Stack on purpose.
3. Cast your first vote. Choose one identity-based habit and phrase it as a vote: “I am a builder, so each day I ____.” Make it small enough that you cannot fail, and start today.
4. Open a learning loop. Pick one thing you want to understand deeply. Write a one-paragraph plan for learning it over the next ninety days, using an AI tutor as described below.

AI IN ACTION

Bloom said society could never afford to give everyone a personal tutor. You now have a version of one. Use it.

Open any AI assistant and try this.

“I want to learn [topic] over the next ninety days, starting from [your current level]. Act as my personal tutor. First, build me a week-by-week learning plan. Second, teach me the first lesson in plain language,

then quiz me on it. Third, when I answer, correct my mistakes and explain what I misunderstood. Keep going one lesson at a time, and adjust the pace based on how I do.”

Then use one more technique that turns a chatbot into a real teacher. After it explains something, say: “Now let me explain it back to you in my own words, and you tell me what I got wrong.” Teaching the idea back is one of the most powerful ways humans learn, and the tutor never tires of checking your work.

As always, the tool does not replace the effort. It cannot put the knowledge in your head any more than a coach can run the sprints for you. But it can give you, for almost nothing, a version of an advantage that used to belong mostly to the wealthy: a patient teacher who is always available and focused on you.