HONE Athletics

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LEADERSHIP VIRTUE: JUDGEMENT

What is Judgement? It's the ability to weigh what's right - especially when the answer isn't clear. Judgement blends logic with empathy, timing with instinct. It's leadership's quiet superpower.

WHY JUDGEMENT MATTERS

Drives Smart Decisions: Strong leaders see the grey and make the right call in the chaos.

Builds Confidence: Athletes trust leaders whose decisions are thoughtful and fair.

Protects Culture: Sound judgement prevents knee-jerk reactions and keeps emotions from derailing the team.

DECISION TRACKING

Track your decisions and their outcomes. Review monthly to spot patterns, strengths and blindspots.

ACTIONABLE WAYS TO SHARPEN JUDGEMENT

PRACTICE PAUSING

- ASK INSIGHTFUL QUESTIONS
  Before making a call, ask: "Who does this affect? What am I missing? What would my future self thank me for?"
- PAUSE TO REFLECT
  When the game speeds up, slow yourself down. Use pauses and timeouts to think clearly.
- GATHER PERSPECTIVES
  More voices, better choices. Diverse input drives stronger outcomes.

TEAM CHECK-IN: "THE FORK IN THE ROAD"

- Bring a real or hypothetical decision to the group. Debate both sides and talk through tradeoffs together.

WEIGH WISELY. DECIDE WITH PURPOSE.