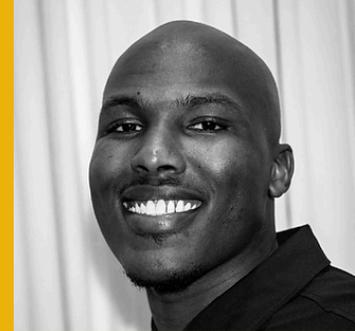


# “THE ART OF BECOMING”

The game ends. Identity doesn't!



## ABOUT THE PROGRAM

The Art of Becoming is a three-session identity framework that develops emotionally consistent, self-aware, resilient athletes who can lead themselves on and off the field. Motivation fades — identity anchors. This system rebuilds athletes from the inside out, giving them the clarity and emotional discipline needed to handle pressure, adversity, and leadership demands with consistency.

## THE THREE SESSIONS

**Session One** — Who Were You?

Uncovers inherited identity, survival patterns, and emotional masks shaped by environment, pressure, and expectation.

**Session Two** — Who Are You?

Builds radical self-awareness by examining habits, emotional triggers, mindset patterns, and performance-based self-worth.

**Session Three** — Who Do You Want to Become?

Designs a purpose-driven identity defined by values, standards, vision, and disciplined habits that shape leadership.

## ATHLETE OUTCOMES

- Identity clarity
- Emotional discipline
- Real confidence
- Consistency under pressure
- Leadership habits
- Purpose beyond the sport

## COACH & PROGRAM OUTCOMES

- More coachable athletes
- Stronger team culture
- Fewer emotional distractions
- Higher consistency
- Athletes who take ownership

## ORIGIN STORY

Linell Bonner III developed The Art of Becoming after experiencing identity collapse when an NFL opportunity slipped away. The depression that followed revealed a truth: he only knew how to perform, not who he was. Rebuilding his identity created a system now used to transform athletes beyond the game.

To request program pricing or schedule a workshop

### CONTACT:

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