

# EXCELLENCE & EFFORT

## [MUNDRAGON/EXCELDRAGON]

### Sample Dialogues for Deeper Reflections

#### Sample Dialogue for the Deeper Reflection on Pursuing Excellence:

Dragon Master: "What do you think it means to pursue excellence?"

Dragon Slayer A: "To be the best at something."

Dragon Master: "Interesting. What do you mean by 'being the best'? Do you mean having the most talent? Coming in first place? Getting the highest score? Or something else?"

Dragon Slayer A: "Being the best. Like being MVP of the team. Or winning the championship. Or getting the most points."

Dragon Master: "Okay, let's look at that a little more. What if someone always wins, but they cheat or cut corners? Are they still excellent?"

Dragon Slayer B: "No. They cheated."

Dragon Master: "Right. So winning might mean someone is pursuing excellence, but it doesn't automatically mean that. Now what about this: Imagine there's a baseball pitcher who is naturally gifted. He doesn't ever practice. And this season, his team is playing really easy teams. So, he just shows up. He doesn't ever try hard. But by the end of the season, he has the most strikeouts in the league. On paper, he looks successful. But do you think he is pursuing excellence with his gift of being a good baseball player?"

(See what they say.)

Dragon Master: "Do you think that you can grow into your best self if you win but aren't trying very hard?"

(See what they say.)

Dragon Master: "Now flip it around. Can someone be excellent and give their best effort even if they don't win or come in first?"

Dragon Slayer C: "Yeah, if they give it their all."

Dragon Master: "So if someone gives it everything they've got and comes in second place, even if they feel disappointed, could we still say they pursued excellence?"

(See what they say. Guide them to see that disappointment doesn't cancel effort.)

Dragon Master: "So maybe excellence isn't just about the outcome, but it's also about the process?"

Dragon Slayer D: "I think it's about not giving up when it gets hard."

Dragon Master: "Yes, that's really important. Have you ever worked hard at something and felt proud of yourself, even if it didn't turn out perfect? What made you proud: the result or the effort?"

(See what they say. Encourage them to share personal stories if they are comfortable doing so.)

Dragon Master: "Why do you think some people stop trying when things get hard?"

(See what they say.)

Dragon Master: "What kind of person are you becoming when you choose to give your best, even when you could take the easy way out but don't?"

