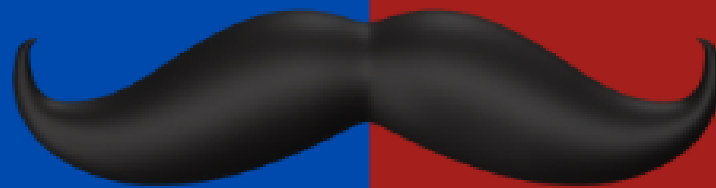


Diamond Dog Activity

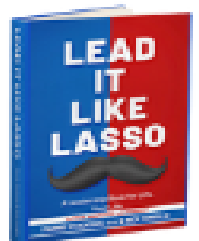
Leveling Up with Lasso



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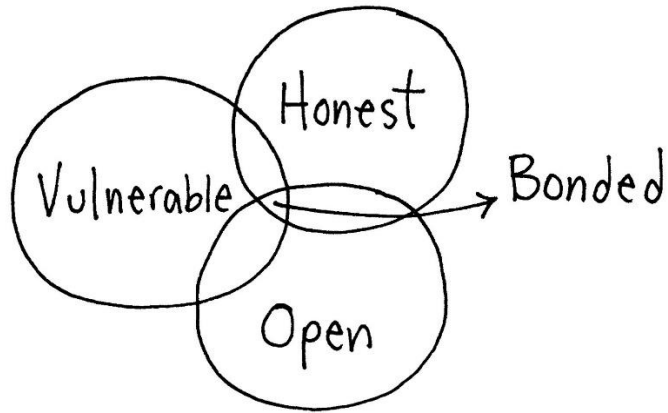
In the activity inspired by the principles from the book *Lead It Like Lasso*, we'll explore the concept of a challenge network, akin to the Diamond Dogs from the show *Ted Lasso*. Through this exercise, you'll have the opportunity to pinpoint the individuals in your life who form your challenge network. Furthermore, this activity will empower you to recognize potential areas where you might need additional support and accountability.

Believe.



Marnie Stockman & Nick Coniglio

Leveling Up with Your Diamond Dogs



The author Adam Grant coined the term: Challenge Network. Specifically, he said that a challenge network is “a group of people in your life who provide you with radical transparency and feedback to help you improve.”

In show Ted Lasso, we need to look no further than the Diamond Dogs to find our challenge network. The Diamond Dogs did not form so they could blindly go along with what someone asked. They were honest, open, and vulnerable with each other. They were willing to call each other out. They challenged each other to be better.

In this activity, we will challenge you to understand who your Diamond Dogs are and what support and/or accountability they provide. Are you ready? Let's get started!

It is said that you are the average of your five closest connections, and John Wooden says you will never outperform your inner circle. Who are your closest five connections? Take a minute to write them down.

- 1.
- 2.
- 3.
- 4.
- 5.

Now look at your list. Are these 5 people truly members of your challenge network? Do they make you better?

If you struggle answering that, the 5 Whys activity is a great way to help you work through it.

Ted would undoubtedly list Coach Beard at the top of his Diamond Dogs because Beard makes Ted better...

1. **Why** is Ted friends with Coach Beard?
Because they have a shared passion for football and coaching.
2. **Why** does their shared passion for football and coaching make them friends?
Because it provides them with a common purpose and a deep understanding of each other's work.
3. **Why** does having a common purpose and understanding of each other's work make them friends?
Because it creates a strong foundation for mutual respect and trust.
4. **Why** does mutual respect and trust form the basis of their friendship?
Because it allows them to have open, honest, and meaningful conversations about their goals and challenges.
5. **Why** do open, honest, and meaningful conversations about their goals and challenges strengthen their friendship?
Because it enables Coach Beard to offer valuable insights, support, and guidance that ultimately make Ted a better coach and person.

So, Coach Beard makes Ted a better person because he provides a foundation of mutual respect and trust, allowing for open and meaningful conversations that result in valuable insights and support for Ted's growth and development as a coach and human being. This dynamic strengthens their friendship and enhances Ted's overall effectiveness.

That is a pretty compelling argument for why Coach Beard heads up the Diamond Dogs for Ted. How is your list looking?

Once you have decided who your 5 are, enter their initials in the table. Then put an x in any box where that person truly supports and/or challenges you.

<i>name</i>	DD 1	DD 2	DD 3	DD 4	DD 5
Physical					
Social					
Emotional					
Mental health					
Spiritual					
Intellectual					

Notice any patterns? Missing any areas? How important is it to you to fill any gaps?

It's important to reflect. It is equally as important to see how you show up for others for whom you are their Diamond Dog. If they asked the 5 Whys (as described above) of you, what would the answers look like?



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