

URL: <https://stvp.stanford.edu/blog/videos/managing-relationships-from-football-to-marriage>

Young talks about how he works to manage relationships not only with his teammates, but with his wife and children. It is about being able to step back and understand what holes in your life exist, he notes. In addition, it is about savoring each moment and seeing the overall picture.



Transcript

I said football was all about the moment.. We can talk about it tomorrow but right now, we've got to go.. In life, that's not necessarily the case.. Every once in a while, there are moments when things have to happen, but most of it is just managing relationships.. It's the same soft skills we were talking about.. The football was different.. Personally, there are similar elements - to me - of the soft skills in football to marriage, to family or to anything else.. My kids - I've got six, four and a newborn one.. I'm busy, I'm running around and I spend a lot of time with my kids.. But I realize I'm spending a lot of time with my kids in the car or on the phone..

I'm spending time with my kids but I'm not.. I apply that same skill of stepping back and see what his experience is.. His experience is sitting in the backseat, in his car seat, listening to me talking to people on the phone.. I'm not with him.. It hit me one day.. "I'm kidding myself that I'm around my kids a lot and I'm interacting." Yeah, in and out of the car, but there are all these great moments.. It's all the same stuff.. It's being able to step back, "what's my hole? I think I'm doing this great service when I'm doing nothing.. I'm actually hurting them because I'm with them and I'm not with them," which is actually double negative.. The same thing that I do in football, I find I'm doing the same thing for my personal life..