Interviewer: Good day, Giannis! Thank you for joining us today. We're eager to get a glimpse into your daily routine and learn more about the journey that has brought you to where you are now.

Giannis: Thank you for having me! I'm excited to share a bit about my routine and experiences.

Interviewer: Let's start with your mornings. What does a typical morning look like for Giannis Antetokounmpo?

Giannis: Well, my mornings are all about balance. I wake up early, usually around 5:30 AM. I believe starting the day early gives me a head start. The first thing I do is spend some time with my family—my girlfriend and our son. Family is crucial for me, and having those moments together sets a positive tone for the day.

Interviewer: That's wonderful. How do you transition from family time to basketball mode?

Giannis: After spending quality time with my loved ones, I focus on taking care of my body. That involves a nutritious breakfast, a bit of stretching, and sometimes a yoga session. It's important for me to be physically and mentally prepared for the day ahead.

Interviewer: Speaking of mental preparation, what role does visualization play in your routine?

Giannis: Visualization is a significant part of my routine. I spend some time each morning visualizing success, both individually and as a team. It helps set a positive mindset and allows me to stay focused on my goals.

Interviewer: That's fascinating. Now, let's dive into your journey. How have you managed to achieve such remarkable success in your career?

Giannis: It's been a combination of hard work, dedication, and surrounding myself with the right people. My family has always been my biggest support system. They instilled in me the values of discipline and perseverance. I've also been fortunate to have great coaches and teammates who push me to be better every day.

Interviewer: And what about challenges? How do you handle setbacks?

Giannis: Setbacks are a part of life, and they're definitely a part of any journey to success. When faced with challenges, I try to approach them as opportunities for growth. I learn from my mistakes, stay focused on my goals, and keep pushing forward.

Interviewer: Impressive mindset. Lastly, for aspiring athletes and individuals, what advice do you have for them in pursuing their dreams?

Giannis: My advice would be to dream big but focus on the small steps that lead to those big dreams. Stay disciplined, work hard, and never underestimate the power of a positive mindset. Surround yourself with people who believe in you and support your journey. Remember, it's not just about the destination, but the journey and the lessons you learn along the way.

Interviewer: Thank you, Giannis, for sharing insights into your life and journey. It's truly inspiring. We wish you continued success on and off the court.

Giannis: Thank you! I appreciate the opportunity to share my story. Remember, anything is possible with hard work and determination.

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Interviewer: Hi Giannis! Thanks for joining us. Can you tell us about your morning routine?

Giannis: Sure! I wake up at 5:30 AM, spend time with family, then focus on a healthy breakfast and stretching.

Interviewer: How do you prepare mentally for the day?

Giannis: I use visualization to stay positive and focused on success, both individually and as a team.

Interviewer: Great! Now, how did you achieve your success?

Giannis: It's a mix of hard work, dedication, and support from family, coaches, and teammates. Setbacks are opportunities for growth.

Interviewer: Any advice for kids with big dreams?

Giannis: Dream big, focus on small steps, work hard, stay positive, and surround yourself with supportive people. Remember, the journey matters too!

Interviewer: Thanks, Giannis! Best of luck on and off the court.

Giannis: Thank you! Anything is possible with hard work and determination.