

Top 10 money lessons

Insights from athletes and UBS pros



Study these lessons to make the most of your opportunities. Print this out. Pin it up. And revisit when you need a reminder.

- 1. Consider your playing career as the beginning.**
The average professional sports career is short. For football and women's basketball, the average career is 3.5 years. For men's basketball, it's 4.5 years, and for baseball, it's 5.6 years. Sound financial decisions will serve you long after your playing days are over.^{1,2,3,4}
- 2. Start with the end in mind.**
Financial planning at the very start of your career is critical. Think about the next chapter.
- 3. Be prepared for culture shock.**
Transitioning from having little or no money can be overwhelming.
- 4. Don't try to keep up with the "Joneses."**
The pressure to live a lavish lifestyle can lead to financial ruin.
- 5. It's net income, not gross pay, that counts.**
After taxes and paying for your team, you may take home less than half of what you earn. Many contracts are not guaranteed, especially in professional football.
- 6. Educate yourself and only invest in things that you understand.**
Ask many questions and take responsibility for your own money.
- 7. Learn to say no (or not yet) to family and friends.**
Set boundaries. People leaning on you for support can present a significant financial drain.
- 8. The transition to life after professional sports can be hard.**
Navigating the next chapter personally, professionally and financially poses opportunities and challenges. The right team can make the transition easier.
- 9. Give from the heart.**
With the right strategy, your impact and legacy can last for future generations.
- 10. Having money doesn't make you an expert on money.**
Advice from experts can bridge the gaps, but be sure you find the right advisor(s).

Average career source: ¹NFL, ²WNBA, ³NBA, ⁴MLB

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