



Redefining MVP: TIM TEBOW'S LIFE BEYOND FOOTBALL

An exclusive Q&A with City Lifestyle

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PHOTOGRAPHY PROVIDED

From championship trophies to global humanitarian impact, Tim Tebow's journey has defied every standard playbook. In an exclusive conversation for the *Share the Lifestyle* podcast, Tebow pulls back the curtain on the moments that truly defined him, from a humbling middle school church retreat to the life-altering shift of fatherhood. This isn't just a look back at a career; it's an invitation into the heart of a man driven by purpose. Read the highlights below, then join us for the full, unfiltered experience by scanning the QR code at the end.

Q: WE ALL KNOW YOUR ACCOMPLISHMENTS ON THE FOOTBALL FIELD, BUT TELL US ABOUT THE CURL CONTEST.

A: I was competing for my future high school team (my brother's team), and I pushed myself way past what was smart. I ended up collapsing and needing medical attention. But what stayed with me wasn't the pain, it was the lesson. Would I be willing to do something that others aren't? For much of my life, I strived to bring my best for a game, but I hope that I can say at the end of my life I was willing to do that for things that actually matter.

Q: YOU'VE ACHIEVED SO MUCH IN SPORTS. WHAT WOULD YOU SAY IS YOUR GREATEST ACCOMPLISHMENT NOW?

A: Becoming a dad. Nothing compares. From the moment I knew my wife was pregnant, I felt a new depth of love for our child, but when you bring your baby home, the responsibility hits you like nothing else. Suddenly, everything you see, every decision you make, you're asking, "Is this corner too sharp? What happens if she reaches that drawer?" It changes how you see the world and how you see other people.

Q: YOU'VE SPOKEN OPENLY ABOUT DISAPPOINTMENT, ESPECIALLY AROUND FOOTBALL. HOW DID THAT SEASON OF LIFE SHAPE YOU?

A: I talked a lot about that very thing in my book *Shaken*. We all go through moments where our faith in our abilities and purpose feels rattled, but I believe it's often in those storms when God can show us who we could become.

Q: YOU TALK A LOT ABOUT COMPARISON CULTURE. WHY DO YOU BELIEVE COMPARISON HAS BECOME SUCH A TRAP TODAY?

A: Because we're comparing our real, everyday lives to someone else's highlight reel. Social media shows people's "best day," often filtered and staged, and then we measure our reality against that. There's a reason filters are so popular—it's not real. We end up scrolling through images that don't tell the full story, and without realizing it, comparison starts to steal our joy and our gratitude.

“We’re comparing our real, everyday lives to someone else’s highlight reel... comparison starts to steal our joy.”

Q: YOUR FOUNDATION FOCUSES ON THE “MOST VULNERABLE.” WHERE DID THAT CALLING BEGIN?

A: When I was 15, I met a boy in the Philippines who was treated as a throwaway because he was born with physical differences. That moment changed me. I realized God was calling me to pursue a different kind of MVP, not “Most Valuable Player,” but “Most Vulnerable People.”

Q: FINALLY, WHAT'S ONE THING PEOPLE MIGHT BE SURPRISED TO KNOW ABOUT YOU?

A: I have some weird coffee habits, which include protein powder, collagen, and cream all mixed together. I love golf dates with my wife. And every night, I bring snacks to bed to share with our dogs. It brings me more joy than it probably should.

This conversation barely scratches the surface. Tim goes deeper into the moments that rattled him, the joys of fatherhood, and **one story he has never shared publicly until now**. Scan the QR code for the full, exclusive City Lifestyle interview on *Share the Lifestyle* Podcast.

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FEATURING TIM TEBOW

Redefining MVP

For the first time ever, Tim shares the inspiration behind a project he's been holding close to his heart.



Scan for the exclusive reveal and more with Tim Tebow unfiltered.

