As a young kid, I thought my worth depended on my results.

Growing up, my best friend and younger sister rapidly had big success in golf. The environment responded with massive positive feedback and she became the younger star. Our close relationship was a supporting anchor to our joy and development for the game.

But as my practice grew, my results didn't really appear. People mistakenly took me for my sister, shouting out praises, only to realise it wasn't the right sister and quickly turn silent.

A thought grew in my head. "You are not enough".

I felt like her shadow.

Years later, I finally claimed my golf pro license. Only to find out that I had life-threatening cancer in my knee. I got three weeks to prepare for a leg amputation, uncertain if my dreams of professional golf would ever become real.

Together with my golf team, friends, family and coaches, we decided to find new answers. Nobody knew what this actually meant. But I didn't feel alone in a shadow anymore. I felt part of a unity. I felt seen.

Ten weeks after my amputation, I played together with my sister in the Swedish Championship on one leg.

Before the amputation, I played golf to become someone, to prove my worth from a place of pain and lack. Now, I played for the joy and love of the game. Results didn't equal my self-worth.

Together we won the tournament, best professional couple in Sweden.

That success wasn't born from pressure. It was born from the team spirit and inclusion we created for each other. Nobody knew if playing so soon after surgery was possible. But curiosity was brought to the table, not counting anyone out, but allowing everyone to do their best.

It's clear to me children need to be recognised as people with unique abilities, not only measured by their results.

An environment where effort is praised. Where you can say, "I see you are trying, I see you are doing your best and I am here for you no matter what."

An environment where mistakes are feedback and failures help elevate your skills, remain curious and continue to progress.

Helping a child become resilient is essential in sport.To say:

"Okay, I hear you've lost your game. But what did you do today that you are proud of?"

This is why the Sport & Education programme by the Princess Charlene of Monaco Foundation is so important. Through activities that teach children to translate sporting experiences into valuable life skills of perseverance, team spirit, passion and respect.

Because sport is not only about developing athletic abilities. It's about learning values and skills that children carry into life.

Every child has their own progress, and that progress deserves to be recognised. It is not the child's responsibility to prove their worth through results. It is our responsibility as adults to create an environment where they feel seen, supported and valued for who they are. Regardless if they win or lose.