

1/10/18

Trust is an accumulation of a bunch of little things – done consistently over time – little innocuous things.

Bosses/Co-Workers vs. Brothers/Sisters

How do we create an environment of Brothers/Sisters???

-Common Beliefs and Common Values

ALL LEADERS NEED COURAGE

-Stand up for what is “right”

-Do the “right” thing

Courage comes from the support that you receive from others.

Relationships we have formed can also inspire other relationships when they are seen by others

Servant Leadership – Is it contagious when seen by others???

Do we as leaders create an environment where people/players say “I love my job/team”.

Working hard for something you don’t care about is called “stress”

Working hard for something you love is called “passion”

1/11/18

20%-30% of performance is determined by “mood” of the employees.

-What kind of mood do I create for our players and coaching staff??

-Show videos with players to help create proper mood

When leaders focus on the strengths of their employees – performance will improve by 22%

When you have to correct mistakes or weaknesses, start with a positive comment first to capture their attention, and then they will be more “open minded” to the corrections to their mistakes

Relationships are the best way to lower stress

-Surround yourself with good people

BELIEF/MEANING – People will work harder if they feel their job will have a positive impact on other people

1/12/18

Life is a TEAM sport

Life is a lot more fun when you care about other people

Happiness begins when selfishness ends

Never met a selfish person that was happy
Never met an unselfish person that was NOT happy

People would rather be ruined by praise than saved by criticism.

“I” is a bad word to use in coaching

Leave every place a little bit better than how you found it.

Anyone who says “They would not change a thing” is lying. That would mean that we are perfect or “heavenly” in some sort of way.

1/23/18

Millennials in the Work Place

Four things that factor the mindset of the millennials in the work place:

- Parenting
- Technology
- Impatience
- Environment

Kids get things today because teachers and coaches don't want to deal with the parents

- Real World is NOT like that

Millennials are very good at using filters to showcase their lives

- Facebook, Twitter, Instagram, etc....

Technology is an addiction today, when you receive an alert that you have a message it releases a chemical in your body called dopamine. Same chemical in alcohol and nicotine.

Deep fulfillment within your job takes time

Deep fulfillment within your relationships takes time

Coaches and teachers have to work extra hard to build the confidence of the millennials.

1/29/18

-Five Best Rules for Success in Life

1. Go After the Things You Want
-go after what you want, but you can't control what other people will go after.
2. "Sometimes I am the Problem" – Take Accountability for your Actions.
-You can take all the credit you want, when things go well, but you have to be

willing to be accountable when things are not going as well as planned.

3. Take Care of Each Other – NAVY SEALS
-Can never tell you which recruits will become a Navy SEAL, but I can always tell you which recruits will NOT become Navy SEAL.
-If you want to be an elite leader. You need to find a way to help the person to the left of you and to the right of you.
-Who will you ask for help from, and when will you accept help from others?? – PRACTICE HELPING EACH OTHER!!!!
4. Learn to be the Last person to Speak
-This gives all parties involved a feeling that they have been heard.
-You get the benefit of hearing what everybody else had to say, before you speak.
5. Have Humility and Gratitude
-Fame and Fortune that you receive is for the position you have, NOT FOR YOU!!!!. You can accept the fame and fortune, but be humble and gracious for it.

2/1/18

Every morning when we wake up, we have to empty out all the negative thoughts from the day before

Get up in the morning and invite good things into us: "I am blessed", "I am talented", etc.....

Take inventory of what you're giving space to inside your brain.

Say "thank you" in advance for what already is yours.

We all have negative feelings, we all also have choice to NOT let those negative feelings consume us, we have a choice to be positive today.

What follows “I am” can determine what kind of life you live.

Whatever you are looking for after “I am”, it will find you.

Discipline is the gateway to freedom.

All through the day, the power of “I am” is at work.

We get to choose what follows the “I am”, positive or negative.

When you wake up in the morning and you start the day, you enter into the world of consciousness. It is at this point, that we are the most creative.

That is when you have the opportunity to choose which way your day is going to go. You can either seize the day, or have the day seize you.

Focus on what is working in your life, instead of fixating on what is NOT working in your life.

Gratitude is the most powerful connection you have to your “higher self”

You always want to try and start your day connected to this “higher self”

Start every day off with an “Attitude of Gratitude” by writing a “thank you” not, text, e-mail to somebody that has done something for you.

“The secret to getting ahead, is to get started” – Mark Twain.

Step number one to actually accomplishing whatever you want to accomplish is to actually, just get started.

“Never let what you can NOT do, interfere with what you can do” – John Wooden.

“You are NOT a produce of your circumstances, but rather a product of your decisions” – Steven Covey.

Don’t focus on what you have and what you are, but rather focus on the person you want to become, and get started on that person TODAY.

2/2/18

Your mind is a battle ground – YOU are the only one who can determine if you are going to have a good day today, or not.

Must come up with a morning routine, that allows you to get control of yourself and your mindset, you need to do this more mornings than not.

Start your day off by trying to be bigger than your excuses, that is what will allow you to have a good day today.

When the alarm clock goes off – GET UP!!!!
This is important because it is the first decision of the day, and it allows you start your day with persistence in the “right” direction if your mind.

Don’t be a victim to the past

“I am” is the most creative force in the universe, use it every day.

Whatever you attach “I am” to, you will become

Three questions to ask yourself every day and to try and live by:

1. How can I grow?
2. What can I give?
3. What can I celebrate?

After you wake up in the morning, find two priorities you want to focus on, and GET THEM IN YOUR HEAD, before you go onto social media or interact with anybody

Success is a journey, not a destination, so enjoy the journey.

What makes for a bad day, is when you get up, and focus on other people's lives first. Social Media, cell phones, etc..... Focus on your two priorities every morning before you deal with other people and their lives.