



**THINGS I AM GOING TO STOP DOING:** So many times in our day we make TO DO lists. It is just as important to have a list of things you WON'T DO! Those things vary for us all. Eliminating the distractions is vital to you making the most of your 24 hours in a day. Actually making a list of the things that WON'T do in your day to refer to throughout the day is a valuable tool. Examples: won't check email until certain time, won't "surf" the web until x number of things are done, won't focus on anything that doesn't effect practice until after practice schedule is done, won't focus on my "turkey's" until my "eagles" are feed, won't check go home until my urgent pile is cleared, won't go to lunch alone, won't use sarcasm to express won't let things I can't control effect the things I can, won't resent others success, won't fear failure, won't be afraid of hearing bad news, won't try to make everyone happy, seeking "balance" in basketball because after all it is a rhythm sport.

**THINGS I AM GOING TO CONTINUE DOING:** Identify the things that are positively impacting your day that you need to continue doing but might need to do so cautiously. These things can be positives when executed correctly but can border on negatives if you over/under utilize. Examples: Seek out people with opposite opinions, argue/debate/disagree, read and write, use stats to make calculated decisions, telling players the truth, learn about leadership techniques but don't be afraid to be different (Muppets principle), be unconventional, coach by insuring players can deal with adversity, focus on bright spots rather than total focus on deficient areas, share and grow the game.

**THINGS I AM GOING TO START DOING:** List actionable things you want to introduce into your daily routine that will positively impact your 24 hours. Examples: Speak in images, use least invasive correction that is needed, surround yourself with smart people that challenge you, earn trust, whisper criticism/shout praise, confront then move on, build relationships, show people how much you care rather than how much you know, Separation in the preparation, teach rather than coach in practice, coach rather than teach off the court, REHEARSE things more often in practice, focus on being better rather than being good, trust "blink" decisions, get all the facts, simplify, be productive rather than busy, spend time with the right people, take people with you.

All of these things are just examples to choose from... You could NEVER do them all so don't try...

