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| ***Task:*** *On a scale of 0-10 rank your performance in the below 10 categories of controllable behaviors, with 0 as never and 10 as consistently always unwavering. Put your score in the box to the right.* | | |
|  | **10 Controllable behaviors that anyone can do that require zero talent but bring big winning results:** | **Score** |
| 1. | **Passion:** You are passionate about what you do (you love what you do): you love to learn, improve and practice with great effort as much as you love to compete. |  |
| 2. | **Consistently being present and on time**: that means ready to *start* 15 minutes before and giving advance notice for absence. |  |
| 3. | **Effort**: You work hard all the time; always striving to be the hardest worker in the room; you work outside your comfort zone as long as you can every workout. You seek out difficult challenges to test yourself for valuable learning lessons to improve. |  |
| 4. | **Attitude:** You have an unwavering optimistic positive attitude. You are a happy person always looking on the bright side of everything. |  |
| 5. | **Coachability/ Being coachable:** You do what you are told to do and don’t get off track by being distracted and/or being talkative (socializing) during practices. You’re 100% into what your coach directs you to do without interruption or talking; you do exactly what he says. For example: He says 50 push-ups, you do 50 and cheating or taking short-cuts is **never an option** to you or never does the idea cross your mind. |  |
| 6. | **Preparation:** You are prepared by thinking ahead of time to be ready to meet the predictable as well the unpredictable (example of the unpredictable: you build into your travel time the unknown factors such as traffic, weather, accidents etc.); you are an organized person who uses a monthly or daily planner. |  |
| 7. | **Body language:** You keep your shoulders back, back straight and head up and smile all the time especially when you fail or lose. |  |
| 8. | **Respectful:** Being respectful means that you must give it to get it. You never put others down; you always build others up with your positive words and actions. You live a life of honesty and consistently do good. You do what you say and acting with integrity |  |
| 9. | **Caring:** You are caring of others by being a team player. You put your team ahead of yourself by making your teammates better not just yourself. |  |
| 10. | **Resilient:** You are resilient; you bounce back from setbacks like failures; you can take negative criticism without being negatively critical. Negative comments about you from others or losses only increase your motivation to do better with the above 9 points. |  |
| 90+= outstanding 80-89= excellent 70-79= very good 60-69= satisfactory  <59= needs improvement | | /100 |

When how you prepare and how you compete are more important than winning; you will be winning more & losing less: the process is the product.