



Circle of Control

The Power of Choice



The internal attitudes we choose are far more important than our external circumstances. The more we direct our focus on actions we can control, the better choices we can make in the moment.

God at the Core

Keep your eyes on Christ. Good vision leads to good decisions.
Poor vision leads to poor decisions.

Individual Behavior - why we do, what we do

Actions/Thoughts/Feelings

1. Our behavior is made up of three components: acting, thinking, and feeling.
2. All behavior is chosen, but we only direct control over the acting and thinking components. We can only control our feelings indirectly through how we choose to act and think.
3. The only person's behavior we can control is our own. You can't control your experiences; you can control your explanations. Your explanations are more important than your experiences.

My Coach Sucks



<https://www.youtube.com/watch?v=ijmXdRQDIsg>

4. What happened in the past has everything to do with what we are today, but we can only satisfy our basic needs right now and plan to continue satisfying them in the future.
5. How you think about God will determine who you become. You are a by-product of your God picture. That internal picture of God determines how you see everything else.



Team Behavior

Me First, For Us

Five Biblical Principles

The major part of success for a team, or of an individual has to do with how the person sees himself (**humility**), how he feels about what he does (**passion**), how he works with others (**unity**) how he makes others better (**servanthood**), and how he deals with adversity and success, truly learning from each situation (**thankfulness**). - *Dick Bennett*

1. Passion

- a. Be passionate about things that matter.
- b. Bring good juice: contagious. Don't suck the life out of a room.

Eeyore



<https://www.youtube.com/watch?v=CQI0E1WCLMU>

- c. Enthusiasm (passion) has its roots in the Greek words for "God in us." When we discover the passion that God has uniquely created for each of us, it motivates us to devote our time and energy. It compels us to sacrifice, to discipline ourselves, and to make wise choices that help us pursue our passion.
- d. "Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize." 1 Corinthians 9:24

2. Humility

- a. Never try to be better than someone else, but never cease to be the best you can be.
- b. **BU**...Be the man you want to be – authentic.
- c. "Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves." Philippians 2:3

3. Unity

- a. Do not divide our house. Work together to quickly and properly execute the fundamentals of the game/life for the greater good of the team.
- b. It is not about you. It is about us.
- c. Be authentic. Confront when necessary. Face to face demonstrates toughness and allows for growth. Behind someone's back is soft and demonstrates weakness.
- d. If a kingdom is divided against itself, that kingdom cannot stand." Mark 3:24

4. Servanthood

The Beautiful Game



<https://www.youtube.com/watch?v=tNZvNs6r800>

- a. Make those around you better.
- b. Look for opportunities to serve.
- c. It is best to serve when you expect nothing in return.
- d. **"As iron sharpens iron, so one man sharpens another." Proverbs 27:17**

5. Thankfulness

- a. Have the strength to say thank you after a tough experience. Our lives will be much more pleasant if we magnify our blessings rather than our disappointments.
- b. Be thankful for what you have. Don't waste time playing the comparison game. On your mark, not on their mark.
- c. Lean into adversity and run to the fight. We don't have the final perspective nor do we know the end of the story. Prepare for imperfection and expect the unexpected. It is not easy or else everyone would be the best at what they do.
- d. Draw wisdom from every experience good or bad; put yourself on the line.
- e. **"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything." James 1:2-4**

James 1 not logical. Joy does not seem like it is supposed to be associated with adversity. However, adversity is what makes your roots go deep. Challenge is the unexpected gift on the way to being mature and complete. It is an uncommon perspective that provides freedom from the chaos.

Willow Tree



Willow trees like water. If the tree gets the water it wants, the taproots growth will be stunted. When it stops getting water, the roots are allowed to fend for themselves. The taproot will go deep on a search of water, stabilizing the tree for the strong winds.

Lessons of the Butterfly



A man spent hours watching a butterfly struggling to emerge from its cocoon. It managed to make a small hole, but its body was too large to get through it. After a long struggle, it appeared to be exhausted and remained absolutely still. The man decided to help the butterfly and, with a pair of scissors, he cut open the cocoon, thus releasing the butterfly. However, the butterfly's body was very small and wrinkled and its wings were all crumpled. The man continued to watch, hoping that, at any moment, the butterfly would open its wings and fly away.

Nothing happened; in fact, the butterfly spent the rest of its brief life dragging around its shrunken body and shriveled wings, incapable of flight. What the man – out of kindness and his eagerness to help – had failed to understand was that the tight cocoon and the efforts that the butterfly had to make in order to squeeze out of that tiny hole were nature's way of training the butterfly and of strengthening its wings. Sometimes, a little extra effort is precisely what prepares us for the next obstacle to be faced.



Plan of Action

How do we get to where we want to go?

Road to Success

Imaginary trip people take to the end of the rainbow where the pot of gold is supposed to be...it is not there.

Success Road

Is based on the trip and the quality of living, not the destination. It is the short segments of the long trip that really count. Standards are derived from our desires and dreams, which are the long and intermediate range targets that give us direction, meaning, and purpose. The goal is not the end of the road; it is the road. The Winning will take care of itself.

Develop Skills **Freedom/Habits**

We don't make a habit out of being successful. We are successful because of our habits. Our goal is to develop habits that hold up under pressure and allow us to play free. Eventually our foundation is so deeply internalized that it becomes a way of life. Without good habits, we can't be free. We want to master basic skill sets; depth beats breadth.

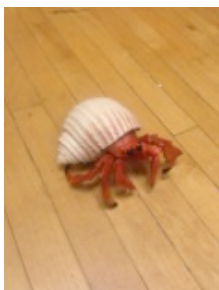
Create Space in Order to Utilize Skills **Opportunity**

Once we have internalized basic skill sets, it is our responsibility to provide opportunities and space to use those skills. The question we must constantly ask: Does my teammate need help or space? Our job is not only to develop fundamentals, but to teach how and when to capitalize on those opportunities. In order to recognize an advantage, we must have vision. Good vision leads to good decisions. Poor vision leads to poor decisions. (Life too)

Flexible System for Versatile Players **Growth**

We want to protect the skills we acquire, but not at the expense of putting ourselves in a box, thinking that we have arrived, thus stunting growth. We want to be able to grow into our games and our lives as we develop. We have to learn how to be comfortable being uncomfortable as our game is in the process of developing.

Hermit Crab



As the hermit crab gets bigger, it needs to find a bigger shell. The crab goes on a journey to find a new home. If it is not found quickly, a delicate moment of truth arises. Soft creature that is used to protection of built in armor must now go out into the world exposed to predators in all of its mushy vulnerability. The learning phase between shells is where growth can occur. If the crab is afraid to leave shell, it will stop eating and growing while becoming anorexic. Learn how to be comfortable being uncomfortable.



Together We Attack **Responsibility/Accountability**

We break every huddle of every game, every practice, every conditioning session, and every segment of our youth summer camps with the call and response, **“Together. . .we attack!”** It is not just lip service. It is at the heart of what we do on the floor, in the classroom, in being a college student, and in preparing for life beyond the walls of Bethel. What we understand is that our “together” is only as strong as the people we have with us in our program. Sometimes we do it with a pat on the back and sometimes it is a kick in the rear with the understanding that we are all in this for each other.

Consistency of Focus/Effort **Best Shot**

Nothing is learned from any challenge that you don't give it your best shot. Growth comes at the point of resistance. Learn by pushing ourselves and finding what really lies at the outer reaches of our abilities.



Focus on giving it your best shot
When we fall short:

1. Admit
2. Learn
3. Flush
4. Next Play

Three Definitions of Best:

Being the Best: Continually playing the comparison game and always searching for the road to success. Being the best at anything is actually a byproduct of the competitive experience. It is the result of various factors and one of the most important is not beating yourself.

Doing your Best: is more important than being the best because we are focusing on ourselves, but truth is we rarely are able to do our best. Key question is how do we bring out our best?

Doing your Best: is more important than being the best because we are focusing on ourselves, but truth is we rarely are able to do our best. Key question is how do we bring out our best?

Giving it our Best Shot: Area that we have most control over...different than doing your best. When we do not do our best, or as good as we think, we get down on ourselves or start making excuses. When we concentrate on giving it our best shot, we just reload, aim, and keep firing. The by-product is that our best will come out a higher percentage of the time. The edge is in the process. When we learn to enjoy the process of giving it our best shot in all that we do, we raise the chances of doing our best more often. This can directly result in being the best some of the time.