

**MIE
FIRST
FOR
US**

BU

BETHEL BASKETBALL

IN THE EVENT OF AN EMERGENCY OXYGEN MASKS WILL APPEAR FROM THE PANEL ABOVE YOUR HEAD. PLACE THE MASK OVER YOUR FACE AND PULL THE STRAP TO SECURE. PLEASE ENSURE YOU SECURE YOUR OWN MASK FIRST BEFORE HELPING ANYONE ELSE.

WHERE DO YOU WANT TO GO?

HOW DO YOU WANT TO GET THERE?



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.

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?

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 byproduct 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.

GOD AT CORE



- Your choice to believe.
- What is your God really like?
- How you think about God will determine who you become.
- You are a by product of your God picture. Your picture of God determines how you SEE everything else.
- Good vision leads to good decisions.
- Poor vision leads to poor decisions.

INDIVIDUAL BEHAVIOR



- Our total behavior is made up of three components: acting, thinking and feeling. These components are interconnected...if you change one, it affects the others.
- All behavior is chosen, but we only have direct control over the acting and thinking components. You do have indirect control over how you feel.
- Regardless of how we feel, we always have some control over what we do.
- 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.
- If we can't get what we want with what we know, we will create new behaviors.
- You are free to make better choices.
- 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.
- Behavior expressed as a verb: Angering/ Depressing/ Anxietying
- Goal is how to control behavior so we are more effectively satisfying needs.

What makes us behave?

What do you want?

How we get there



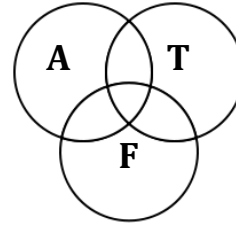
Basic Needs

1. Survive
2. Belong
3. Power
4. Freedom
5. Fun

Pictures



Total Behavior



3 ways to change behavior

Change what you want (Picture)

Change what you're doing

Change both

All behavior is purposeful. It is our best attempt at the time, given our current knowledge and skills, to meet one or more of our basic human needs, needs which evolved over time and have become part of our make up. These needs are the general motivation for everything we do.

1. Survival - This need is a physiological need, which includes the need for food, shelter, and safety. Because we have genetic instructions to survive.

2. Love & Belonging - This need and the following three needs are psychological needs. The need to love and belong includes the need for relationships, social connections, to give and receive affection and to feel part of a group.

3. Power - To be powerful is to achieve, to be competent, to be skilled, to be recognized for our achievements and skill, to be listened to and have a sense of self worth.

4. Freedom - The need to be free is the need for independence, autonomy, to have choices and to be able to take control of the direction of one's life

5. Fun - The need for fun is the need to find pleasure, to play and to laugh. Should you doubt that this is as important as any of the others, imagine a life without hope of any enjoyment.

Characteristics of the Five Basic Needs: Universal, Innate, Overlapping, Satisfied from moment to moment, Conflict with others' needs.

DON'T ASK WHY (Victim)

Why is this happening to me?

Why don't I ever get a break?

Why don't they care as much as I do?

Why don't they understand how busy I am?

Why don't I get to play that position?

Why don't they let me lead?

- *When you say them, makes you feel powerless, like a victim. I am a victim of the environment and the people around me...poor me trap*
- *Indicates that someone or something else is responsible for the problem or situation.*

Me First For Us thinking and questions

What can I do to make a difference?

How can I support the team?

How can I provide value?

How can I set a better example?

- *Instead of finger pointing questions that separate ourselves into we and they, we bring out the best in each other, work together the way teams are supposed to, and make great things happen.*

DON'T ASK WHEN (Procrastination)

When will they take care of the problem?

When will they get the information we need to make a decision?

When will they do their job right?

- *When we say when, we are saying we have no choice but to wait and put off action until another time. Questions that begin with when lead to procrastination.*

Me First For Us thinking and questions

What solution can I provide?

How can I more creatively connect with my teammates?

What can I do to find the information I need to make a decision?

DON'T ASK WHO (Blame Game)

Who made the mistake?

Who missed the deadline?

Who dropped the ball?

- *Look for solutions not scapegoats*

Me First For Us thinking and questions

What can I do today to solve the problem?

How can I help move the team along?

What action can I take to own the situation?

How can I let go of what I can't control?

TEAM BEHAVIOR

ME FIRST FOR US



Individual commitment to a group effort

The major success for a team, or of an individual has to do with how a person sees himself (humility), how he feels about what he does (passion), and how he works with others while making those around him better (servanthood). -Dick Bennett

Humility is defined as: Realizing at the core of our being that we are not superior to anyone else or inferior to anyone else. We have differing abilities and talents, but as persons we are created in the image of God...we are of equal value in the sight of God.

- Not thinking less of yourself, but thinking of yourself less. -C.S. Lewis
- Humble people are life long learners, open and willing to learn new skills.
- Willing to acknowledge they can grow in their basketball skills and life.
- Embrace the process of growth.
- Avoid trap of thinking we have arrived...not a destination. It is a daily moment-to-moment practice. We are not finished products.
- Pride and arrogance will not be open to new learning.
- Avoid three dangerous words..."I got it".

Passion

- Be passionate about the things you care about. Good juice is contagious. Bad juice is also contagious. Don't suck the life out a room.
- 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.
- Intentional commitment to be consistently present. Can't be passionate about life when our minds and our attention are someplace else rather than focused on the only time God has given us to live which is the present.
- Be where your feet are. Wherever you go, there you are...so be there.

Servanthood

- Make those around you better while looking for opportunities to serve. It is best to serve when you expect nothing in return.
- Give your gifts away for free.

WHAT CAN YOU DO?



Take responsibility for managing these areas.
The more we direct our focus on
actions we can control,
the better choices we can make
in the moment.