

There is no growth without committing to the small stuff.

You choose your schedule every day. You choose what you will ignore every day. You choose what you will give your time to every day.

The bottom line is that we make time and give our time to what we value.

Who and what gets your energy every day?

Comfort Zone-Learning Zone-Panic Zone

Panic occurs when you get too far outside the learning zone and stretch too far.

Learning to be comfortable while being uncomfortable is a skill that should be developed.

Learn to live being uncomfortable. With practice, reps, and persistence you become more comfortable. Fear of failure, the unknown, decrease with effort and practice. You become comfortable.

There is no shame or failure in not playing college basketball or not being division one.

We want results now with the smallest bit of investment possible, no way should “struggle” be involved when learning something new or going in a new direction.

We become the people we train to be.

When the novelty wears off and they hit a plateau on the way to mastery, the consistency and intentionality begin to fade.

When it's tough, they are tempted to revert to old habits and patterns, what has worked in the past.

But if we start and keep a good tempo, inch by inch we will move forward reaching our greatest potential.

Write down 3-6 things you are willing to commit to doing today to close the gap between who you are and who you want to become. Make the specific. Put a time you will daily commit to each of them.

It should be hard. Strength is built through resistance.

True Mental Toughness:

1. Having a great attitude no matter the situation.
2. Giving your very best no matter the situation.
3. Treating people really, really well.
4. Being unconditionally grateful regardless of your circumstances.

Write out 4 keys of components that you are going to work on for a particular amount of time that week.

Doing something out of fear is not nearly effective as doing something out of love.

There is always someone watching. There is always someone who is taking their cues about life from the way we treat people and what we do.

Most of us are training in very different emotional, psychological, and physiological states than we operate in during competition.

Fixed Mindset: Falling into the trap of trying to prove yourself instead of being focused on growth. Caring too much what it looks like and caring too little about what it really is.

Understand work ethic, hustle and grind, and you need both.

Lack of Persistence: Too caught up in instant gratification. Sacrificing who you want to become for what you want now.

Attitude: Results are greatly tarnished if your attitude toward the work and others sucks.

You have only so much time and energy every day, spend it on you getting better, because that is under your control.

It never fails, the ones who are told they are talented don't believe they have to work hard.

We don't have to be perfect but you have to be committed.

If we took back 30 minutes a day for a whole year, you could put 182 hours into something that would make a difference.

Dream big, think small. The details.

What can you begin to do to close the gap between where you are and where you want to be?

Whatever it is, I would encourage you to simply make a start. The inconvenient truth is that if you don't start today, it will always be more challenging to start tomorrow.

If you could do today all over again, what would you do differently?

The greatest predictor of future success is the ability to delay gratification.

I want people who are in love with the process of becoming great. And that process is dirty and hard.

What person do you want to emulate in your discipline? Can you find clips of them on YouTube?

Start small, be ridiculously faithful. Focus on what you can control.

What if we came to practice with the focus of doubling our rate of failure? I'm not talking about lazy or thoughtless mistakes. I'm talking about going hard and getting out of your comfort zone, taking on challenges that are not easy like playing the best guy in camp 1-1.

It's amazing how quickly pride and fear can masquerade as practicality.

It's amazing how quickly pride and fear can masquerade as wisdom.

Growth is only on the other side of getting over being comfortable. You can not get better unless you take on the toughest challenges at the edges of your ability.