

Pyramid of Success: Day 1

Industriousness (Hard Work)

- 1) **Work** - there is no substitute for **hard** work! There are no shortcuts.
Work smarter, not harder is **a** way, but is not **the** way to approach competitive greatness. You will **never fully develop** the talents that lie within you!

What is your mindset with regard to your physical condition?

The only competition you should have is with **yourself!!**

Push the envelope!! Challenge yourself!!

You have no control over anyone else, **only yourself.**

We want to be aggressive, but too much aggression leads to lose of control which leads to mistakes.

- 2) **Planning** - **Undirected** diligence isn't very effective, therefore an element of planning must go into hard work.

Planning places effort where effort is needed. If people are going to become all that they are capable of becoming, it is important that they work hard, but it is also important that they are **intentional** about the hard work.

How do I plan to get better?

Is there a better way to do what I need to do?

Read books on baseball, study the game?

Watch games and instructional videos?

Open gyms?

Work with other players or coaches?

Weight room? - **Have a plan!!**

Enthusiasm

If we don't enjoy what we do, we won't be able to push as hard as we need to push for as long as we need to push to achieve our best. However, if we do enjoy what we do, and if we are enthusiastic about it, we'll do it better and come closer to becoming the best we can be.

Don't allow circumstances over which you have no control hurt the aspects of your life over which you do have control.

I'm not talking about being "cheerleaders." Your enthusiasm can stimulate others, but extreme highs don't work. Too, much emotion can be counterproductive. Highs lead to lows - such a swing in intensity result in instability. We want our players to keep an "even keel" so your thinking isn't adversely affected by emotion. Quiet enthusiasm gets results.