

## Pyramid of Success: Day 3

### ***Self-Control***

Self-control is the ability to discipline ourselves and keep our emotions under control. No matter the task - whether physical or mental - if our emotions take over, we're not going to execute near our personal level of competency, because our judgment and common sense are impaired. When our emotions dominate our actions, we make mistakes. **A lack of self-control not only hinders individual achievement, but it also inhibits team accomplishment.**

We must remember why we discipline ourselves and others. We do it to help, to prevent, to correct, and to improve, **but not to punish.** You cannot give punishment or receive it and consistently be at your best.

*Practice self-control and keep emotions under control.  
Good judgment and common sense are essential.*

### ***Alertness***

We must be alert. Except for what we learn through personal experience, none of us knows anything that we didn't learn from somebody else. Abraham Lincoln had said that he he'd never met a person from whom he did not learn something, although most of the time it was something not to do. **If we remain attentive, not only can we improve ourselves, but we can learn not to repeat the errors of others.**

*Be observing constantly. Stay open minded.  
Be eager to learn and improve.*

### ***Initiative***

**Initiative is having the courage to make decisions and take action.** People with initiative use all the information that they have previously acquired in regards to a particular situation, and they act with self-control. People with initiative move forward without fear of failure, even though they may make mistakes or fail.

Mistakes made while expanding boundaries are what we want. **If we are not making mistakes, we aren't pushing against the walls of our capabilities.** Therefore, we are not practicing correctly.

**If we allow the fear of failure to keep us from acting, we will never be a success or reach our full potential.** Doers make mistakes. But if we aren't doing anything, we're making the greatest mistake of all. We must not fail to act when action is needed.

We cannot be afraid. We must act anyhow, knowing that at times, we will fail. When the game is on the line, I want the person who has no fear at the plate or on the mound.

*Through adversity, we learn, grow stronger and become better people.*