

Pyramid of Success: Day 4

Intentness

Intentness is the ability to resist temptation and to avoid rabbit trails of distraction. An intent person will stay the course and go the distance. Concentrate on objectives with determination, stamina and resolve. **Intentness is the quality that won't let us quit, even when our goal is going to take a while to accomplish.**

We live in a "microwave society." We have the mind-set of immediate gratification. **In life, worthwhile accomplishments and acquisitions take time.** Usually the better the reward, the longer it takes to acquire it. Intentness is patience with action. We need to set realistic goals. **Difficult yet realistic goals produce purpose-directed lives.**

We all have obstacles along the way. We must be open-minded about how we are going to accomplish our goals, and at some point we may have to change our method. **We cannot allow obstacles to discourage us.** Roadblocks may cause us to alter our course a bit, but we cannot let them deter us from our destination.

We grow stronger through adversity. Physically, morally, emotionally and spiritually we increase our strength when life is hard; therefore we must not dread adversity, nor allow it to stop us from becoming the best we can be. In fact, as we become stronger we can and should expand our goals.

Set realistic goals. Concentrate on its achievement by resisting all temptations and being determined and persistent.

Condition

By condition, I mean **physical, mental, moral and spiritual fitness.** Specific activities require specific conditioning. Consider the mental fortitude required to get a hit, make a pitch or a free throw with the championship on the line, to save a person's life or deliver a closing argument in court.

Success also takes moral and spiritual conditioning. A wholesome lifestyle will produce a more successful participant. There is a vast difference between better and best. **You may be better than the rest, but you are not a success until you have made the effort to become the best that you can be.**

There is a double responsibility with our teams. As coaches, our responsibility is the practices. **As players, your responsibility is between practices.** You can tear down more between practices than we can build up during practices. A lack of proper conduct, deficient rest and an improper diet will keep you from attaining and maintaining desirable conditioning.

Mental-Moral-Physical. Rest, exercise and diet must be considered. Moderation must be practiced. Wastefulness must be eliminated.