

TALKING POINTS

by POSITIVE COACHING ALLIANCE

WEEK SIX: PLAN A-B-C

- You've heard of being "in the zone?" When you are in the zone, you feel like you are able to play your best, things come easy.
- But the best athletes in the world are in the zone at most 15% of the time. So the question is what's happening to them the other 85% of the time?
- The answer is that they often have bad days just like the rest of us. The difference between the top athletes and the rest is that they work hard even when they are having a bad day. They work hard to make it a "good-bad day."
- A Triple-Impact Competitor® isn't in the zone all the time but does work hard when having a bad day to make it a good-bad day.
- We all have what you might call a Plan A. This is how we like to play our game. Plan A is how we normally approach a competition.
- But sometimes our Plan A doesn't work so well. Especially when we are having a bad day. On bad days, our Plan A doesn't do the job. That's why we need to have a Plan B to go to when Plan A isn't working.
- A good Plan B is always to focus on our effort. Maybe things are working out well and the bounces are going against us. But we can always keep working hard and making the effort. A good Plan B, when we are having a bad day, is to focus on hustling and making big efforts.
- If we make efforts it usually won't turn a bad day into a great day, but it might make a bad day a good-bad day!
- And a good-bad day is a lot better than a bad day. And it may lead to having a great day the next time out.

Discussion Points

- **How would you describe your Plan A? What might be your Plan B if Plan A isn't working so well?**

- **Are there ever times when Plan B also doesn't work and you need a Plan C?**

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